

DELIGHTS
FOR
LADIES,

TO
ADORNE THEIR
*Persons, Tables, Closets,
and Distillatories,*

WITH
*Beauties, Banquets, Perfumes,
and Waters.*

Reade, practice, and censure.

L O N D O N,
Printed by Robert Tonng. 1640.

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DELIGHTS

FOR

ADIES

TO

ALONE THEIR

Persons, Tables, Closets,
and Bins

WITH

Benches, Bandages, Perfumes,
and Wines

Reeds, Pricks, and Candles

Printed by Robert Young, 1840



To all true lovers of Art
and Knowledge.

Sometimes I write the formes of burning bals,
Supplying wants that were by wood-fals wrought;
Sometimes of tubs defended so by Art,
As fire in vaine hath their destruction sought;
Sometimes I write of lasting Beverage,
Great Neptune and his pilgrims to content;
Sometimes of food, sweet, fresh, and durable,
To maintaine life, when all things else were spent.
Sometimes I write of sundry sorts of soyle,
Which neither Ceres nor her hand-maid knew;
I write to all: but scarcely one beleeveth,
Save Dive and Denshire, who have found them
When heavens did mourn in cloudy mantles clad,
And threaned famine to the sons of men;
When sobbing earth deny'd her kindly fruite,
To painfull plow-men and his bindes; even then
I writ relieving remedies of death,
That Art might helpe where Nature made a faile.

The Epistle.

But all in vaine; these new borne babes of Art,
In their unsimely birth straightway do quail.
Of those or such like other new-found skils,
Which painfull pen I whilom wrote at large,
Expecting still my Countries good therein,
And not respecting labour, time, or charge.
But now my pen and paper are perswaded,
I scorne to write with coppresse or with gall:
Barbaria's Gans are now become my quils:
Rose-water is the inke I write withall.
Of sweets, the sweetest I will now commend,
To sweetest creatures that the earth doth beare:
These are the Saines to whom I sacrifice,
Preserues and Conserues of the Plum and Pear.
Empaling now adieu: rush, Marchpane wals
Are strong enough, and best besit our age.
Let piercing bullets turne to Sugar bals,
The Spanish share is husht, and all their rage.
Of Marmelade, and paste of Genua,
Of musked-sugar I intend to write,
Of Leach, of Sucker, and Quidinia,
According to each Lady her delight.
Teach both fruits and flowers to preserve,
And candie them, so Nutmegs, Cloves and Mace
To make both Marchpane paste and suger'd plate,
And cast the same in formes of sweetest grace.
Both bird and fowle so moulded from the life,
And after cast in sweet compounds of Art.

The Epistle

As if the flesh and forme which nature gave,
Did still remaine in every limbe and part.
When crySTALL frost hath nipt the tender grape,
And cleane consum'd the fruits of every vine,
Yet here behold the clusters, fresh and faire,
Fed from the branch, or hanging on the line.
The Walnut, Small-nut, and the Chesnut sweet,
Whose sugred kernels lose their pleasant taste,
Are here from yeere to yeere preserved meet,
And made by Art with strongest fruits to last.
The Artichoke and th' Apple of such strength,
The Quince, Pomgranate, with the Barbary:
No Sugar us'd, yet colour, taste, and smell,
Are here maintain'd and kept most naturally.
For Ladies closets, and their distillatories,
Both waters, oynments, and sweet smelling bals,
In easie termes, without affected speech,
I heare present most ready at their calls.
And test with carefull pen I should omit,
The wrongs that nature on their persons wrought,
Or parching Sun with his looser raies,
For these likewise relieving meanes I sought.
No idle thoughts or vaine surmised skill,
By fancie fram'd within a theorick braine,
My Muse presents unto your sacred eares;
To win your favours falsely I disdaine.
From painfull practise, from experience,
I sound, though costly, mysteries derive.

The Epistle.

With fiery flames in scorching Vulcan's forge,
To teach and find each Secret, I do strive.
Accept them well, and let my wearied Muse
Repose her selfe in Ladies laps awhile.
So, when she wakes, she haply may record
Her sweetest dreames in some more pleasing stile.

H. PLAT.

The Table

Good Reader, for the understanding
of this Table, know, that a, b, c, d, do
give directions unto the fower severall
parts or treaties of this Book: (a) for
the first, the rest in their order.

Nula Campana roots preserved	a. 1
Almonds in leach	a. 27
Almond butter to make	a. 57
Almonds into gelly	a. 58
Alligar distilled	b. 16
Apples kept dry all the yeere	a. 47
Aqua rubea	b. 7
Aqua composita of D. Stevens	b. 8
Artichokes kept long	a. 69

B

Aggs sweet to lie among linnen	d. 35
Ball to take out staines	d. 3
Ball to wash with	d. 8
Balme water	b. 5
Beaumanger	c. 11
Beefe roasted kept long	c. 18

A 4

Beefe

The Table.

Beere powdered, kept long without charge.	c.19
Beefe fresh at the sea	c.20
Beauty for the face	d.7.14
Bisket bread, or French bisket	a.19
Bisket called Prince Bisket	a.20
Bisket called Biskettello	a.21
Bloud of herbes	b.22
Borage candied	a.11
Bottling of Beere truly	c.7
Bottles mustie helped	c.28
Bottle Ale most excellent	c.32
Browne to eat, tender and delicate	c.13
Broom capers preserved	a.37
Broyling without smoake	c.26
Bruse helped	d.24
Butter tasting of spice or flowers	a.21

C

Cakes sweet without spices or sugar	a.6
Candying of flowers	a.9.53
Candying in rock candie	a.33.42
Candying of Orenge pills	a.35
Candles for Ladies Tables	c.39
Candles	

The Tables

Candles hanging in the ayre	c.40
Capers of broome preserved	a.37
Capon boyled in white broth	c.5
Casting in sugar plate	a.13
Casting in sugar in partie moulds	a.43
Casting and moulding of fruit	a.44
Cherries preserved	a.45
Cherry pulp kept dry all the yeere.	a.45
Cherries dryed in the Sun	a.46
Cheese extraordinary	c.22
Chestnuts kept long	a.73
Chilblanes helped	a.15
Chine of veale or chicken boyled	c.19
Cinamon-water	b.10
Collis white, and like gelly	a.55
Comfits of all sorts	a.54
Conserues of prunes or damsons	a.50
Conserve of Strawberries	a.51
Cucumbers preserved	a.36
Cowslip-paste	a.40
Cowslip-water, or Vinegar of the	c.10
Flour of the Cowslip	a.14
Cray-fish kept long	c.31
Creame clouted	c.23

The Table.

D	Amaske powder	d.19.
D	Damsons in Marmelade	a.31
	Damson pulp kept all the yeere.	a.45
	Damsons in conserve	a.50.52
	Dentifrices for the teeth	d.26
	Distillation of herbes in a new manner	b.11
	Drying of fruits in the Sun	a.46
E		
E	Glantine water	b.20
E	Eringo roots preserved	a.1
	Extract of vegetables	b.19
F		
F	Face spotted or freckled, to helpe	d.6.23
	Face made faire	d.7.14
	Face full of heat, helped	d.11.16.17
		18.19.20.21
	Face kept white and cleere	d.12
	Fish into paste	c.14
	Fish fried kept long	c.17
	Flesh kept sweet in Summer	c.24
	Flies kept from oyle peeces	c.30
	Flounder	

The Table.

Floander boyled on the French fashion

Flowers preserved

Flowers candied

Flowers in rock candie

Flowers dried without wrinkling

Fruit preserved

Fruit how to mould and cast

Fruit kept dry all the yeere

Fruit kept long fresh

Gelly yellow

Gelly crySTALLINE

Gelly of fruits

Gelly of Almonds

Gilliflowers kept long

Gilliflowers preserved

Gilliflower water

Ginger-bread

Ginger-bread dry

Ginger in rock candie

Ginger green in frup

Ginger candied

Gloves

The Table.

Gloves to perfume	d.34
Goose-berries preserved	a.8
Grapes growing all the yeere	a.62
Grapes kept till Easter	a.64
H	
Hand-water excellent	d.2.28
Hand stained, to help	d.5
Hands freckled to help	d.6
Hand-water of Scotland	b.11.
Hazell nuts kept long	a.72
Haire black altered	d.30,37
Haire made yellow	d.36
Herbes distilled in a new manner	b.11
Herbes to yeeld salt	b.12
Herbes to yeeld blood	b.22
Honey to yeeld spirit	b.13
I	
Rish Aqua vitæ	b.9
Mop distilled in a new manner	b.11
Juice of Orenge or Limons kept all the yeere	c.35
Jamboloes to make	a.10
L	
Arkes to boyle	c.4
Lavander	

The Table

Lavander distilled in a new manner	but
Leach of almonds	a. 27
Leach	a. 29
Legge of Mutton boyled after the French Fashion	c. 7
Lemons in Marmelade	a. 41
Limon moulded and cast	a. 44
Limon juice kept all the yeere	c. 32
Lettuce in sucket	a. 22
Liquorice paste	a. 40
Lobsters kept long	c. 1
M Ace in rock candie	a. 42
Mallard to boyle	c. 6
Marchpane paste	a. 12
Marigolds preserved	a. 7
Marigolds candied	a. 11
Marigold paste	a. 10
Marmelade of quinces or damsons	a. 40
Marmelade of Limons or Orenge	a. 41
May-dew clarified	a. 33
Morphew helped	a. 11
Mulberries	

The Table

Mulberries and gelly a. 29

Muske Sugar a. 2

Mustard meale c. 25

Mustinesse helped or prevented in waters b. 24

N

Nutmegs in rock candie a. 33. 43

Nutmegs candied a. 34

Nuts moulded and cast off a. 44

Nuts kept long a. 72

O

Orenges preserved a. 34

Orenges pils candied a. 35

Orenges in Marmelade a. 41

Orenges moulded and cast off a. 44

Orenges juice kept all the yeere a. 35

Oysters kept long c. 15

P

Paste of flowers a. 14. 40

Paste of Novie a. 15

Paste to keep one moist a. 17

Paste called puffe paste a. 24

Paste short without butter a. 23

Paste of Genua of Quinces a. 20

Paste

The Table

Paste of Fish	c.14
Pearre moulded and cast off	a.44
Pearres kept drie	a.47
Perfumes delicate and suddenly made	d.31
Perfuming of Gloves	d.34
Pickrel boyled on the French fashion	c.3
Pigeons of Sugar paste	a.10
Pigeons boyled with Rice	c.9
Pigge to sowse	c.12
Pigs petitoes boyled after the French fashion	c.8
Plums preserved	a.8
Plums dryed in the Sun	a.46
Pomander to make	d.4
Pomander renewed	d.32
Pomatum most excellent for the face	d.13
Pomgranats kept long	a.68
Preserving of roots	a.1
Preserving of Cucumbers	a.36
Prunes in conserve	a.50-52
Pulp of fruit kept all the yeere	a.45
Quidinia	

The Table.

Q	Udinia of Quinces	a.28
	Quinces into paste of genna	a.30
	Quinces in Marmelade	a.32
	Quinces kept drie all the yeere	a.47
	Quinces kept long	a.67
R		
R	Abbers of Sugar paste	a.10
	Raspices in gelly	a.29
	Roots preserved	a.1
	Roots candied	a.53
	Rosa tolis to make	b.6
	Rosemary-flowers candied	a.9
	Rose-leaves to drie	a.38
	Rose sirup	a.5
	Roses preserved	a.7
	Roses and Rose-leaves candied	a.9.11
	Rose paste	a.40
	Roses kept long	a.61
	Rose-leaves dried without wrinkles	a.63
	Rosewater distilled at Michaelmas	b.14
	Rosewater distilled in a speedy manner	b.15
	Rose-	

The Table

Rose-water most excellent	6.17
Rose-water, and yet the Rose-leaves not discovered	6.17
Rose-water and oyle drawne together	6.17
Rose-water of the colour of the Rose	6.34
Rose-vinegar of the colour of the Rose	6.34
Rose-vinegar made in a new manner	6.34
S	
Sallet oyle purified and graced in taste and smell	6.36
Salmon kept long fresh	6.16
Salt of herbes	6.17
Salt delicate for the table	6.38
Sawfages of Polonia	6.14
Sirup of Violets	6.4
Sirup of Roses	6.5
Sparrowes to boyle	6.4
Spirit of wine extraordinary	6.1
Spirit of wine ordinary	6.2
Spirits of spices	6.3
	Spirit

The Table

Spirit of wine tasting of any vegetable	b. 41
Spirit of honey	b. 13
Spirit of herbes and flowers	b. 17
Skin white and cleere	d. 2
Sun burning helped	d. 29
Stove to sweat in	d. 27
Strawberries in gelly	a. 29
Strawberries in conserve	a. 51
Sucker in Lettice stalkes	a. 39
Sucker of greene Walnuts	a. 49
Sugar muske	a. 2
Sugar paste for fowle	a. 10
Sugar paste to cast in	a. 13
Sugar plate of flowers	a. 14
Sugar plate to colour	a. 38
Sugar cast in party moulds	a. 4
Sugar smelling and tasting of the Clove or Cinamon	a. 71

T Eale to boyle	c. 6
Teeth kept white and sound	d. 10
Thyme distilled in a new manner	b. 11
Trofes	

The Table.

Troffes for the Sea

V

V Inegar distilled
Vinegar to clarifie

Violet sirup

Violet paste

Violet water, or Vinegar of the colour
of the Violet

Ulsquebath

W

W Afers to make
Walnuts in sucket

Walnuts kept fresh long

Wardens kept dry all the yeere

Washing water sweet

Whites of Egges, broken speedily

Widgen to boyle

Wine tasting of Wormwood, made speedily

Y

Y Tch helped

FINIS.

The Art of Preserving, Conserving, Candy- ing, &c.

I. How to preserve Bringo roots, Anu-
la Campana, and so of others
in the same manner.

See the them till they bee
render; then take away
the piths of them, and
leave them in a colander,
till they have dropped as much as
they will; then having a thinne
sirup ready, put them, being cold,
into the sirup being also cold, and
let them stand so three dayes;
then boile the sirup (adding some
more freth sirup to it, to supply that
which the rootes have drunke up) a
little higher, and at three dayes end,
boile the sirup againe without any
new addition, unto the full height
of a preserving sirup, and put in your
rootes, and so keepe them. Rootes
preserved

The Art of preserving;

preserved in this manner, will eat very tender, because they never boiled in the sirup.

2. How to make Muske Sugar of common Sugar.

BRuise 4. or 6. graines of Muske; place them in a piece of Sarce-net, fine Lawne or Cambricke doubled: lay this in the bottome of a gally pot, strewing your Sugar thereon: stop your pot close, and all the Sugar in a few dayes will both sent and taste of Muske; and you may lay more Sugar thereon, when you have spent that Sugar, which will also receive the like impression. Such Musk Sugar is sold for two shillings the pound.

3. How to dry Rose-leaves in a most excellent manner.

WHen you have newly taken out your bread, then put in

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in your Roses in a sieve, first clipping away the whites; that they may be all of one colour: lay them about one inch in thickeesse in the sieve; and when they have stood halfe an houre or thereabout, they will grow whitish on the top: let them yet remaine without stirring, till the uppermost of them be fully dryed; then stirre them together, and leave them about one other halfe houre; and if you find them dry in the top, stirre them together againe, and so continue this worke, untill they be thorowly dryed: then put them hot as they are, into an earthen pot, having a narrow mouth; and being well headed within (the Refiners of gold and silver call these pots Hookers) stop it with corke and wet parchment, or with wax and rosin mixed together; and hang your pot in a chimney, or neere a continuall fire, and so they will keepe exceeding faire in colour, and most delicate in sent. And if
you

The Art of preserving

you feare their relentings, take the Rose-leaves about Candlemas, and put them once againe into a sieve, stirring them up and downe often till they be drie; and then put them up againe hot into your pot.

Note, that you must set up your Oven-lid, but not lute it about when you set in your Rose-leaves, either the first or second time. *Post, numero 6.*

4. A most excellent sirup of Violets, both in taste and tincture.

EXpresse the juice of clipt Violets, and to three parts of juice take one fourth part of conduit water put the same into an Alabaster mortar, with the leaves which you have stamped, and wring the same out through a cloth, as you did at the first, into the other juice: put thereto a sufficient proportion of the finest Sugar

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ger, and brought also into a most fine powder: let the same stand ten or twelve houres in a clean glased earthen pan: then draine away the cleere, and put it into a glasse, and put thereto a few drops of the juice of Limons, and it will become cleere, transparent, and of the violet colour. Then you may expresse more juice into the Sugar, which will settle in the bottome, with some of the thickest part of the juice: and beating the same upon a gentle fire, it will also become a good sirup of violets, but not comparable to the first. By this manner of worke you gaine one quarter of sirup more then divers Apothecaries doe.

5. A singular manner of making the sirup of Roses.

Fill a silver bason three quarters full of rain-water or rose-water, put therein a convenient proportion

B

of

The Art of preserving,

of Rose-leaves : cover the bason, and set it upon a pot of hot water (as we usually bake a custard:) in 3 quarters of an houre, or one whole houre at the most, you shall purchase the whole strength and tincture of the rose ; then take out those leaves wringing out all their liquor gently, and steepe more fresh leaves in the same water ; continue this iteration seven times, and then make it up in a sirup : and this sirup worketh more kindly then that which is made meerly of the juice of the Rose. You may make sundry other sirups in this manner. *Quare* of hanging a pewter head over the bason, if the ascending water will bee worth the keeping.

*6. Another way for the drying
of Rose-leaves,*

Drie them in the heat of a hot sunny day upon a Leads, turning them

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them up and downe till they be drie (as they do hay) then put them up into glasses well stopt and luted, keeping your glasses in warme places; and thus you may keep all flowers: but herbes after they are dryed in this manner, are best kept in paper bags, placing the bags in close cupboards.

7. How to preserve whole Roses, Gilliflowers, Marigolds, &c.

Dip a Rose that is neither in the bud, nor over-blowne, in a sirup, consisting of sugar double refined, & Rose water boiled to his full height; then open the leaves, one by one, with a fine smooth bodkin, either of bone or wood; and presently, if it be a hot sunny day, and whilest the Sunne is in some good height, lay them on papers in the Sunne, or else drie them with some gentle heat in

The Art of preserving,

a cloose roome, heating the roome before you set them in, or in an oven upon papers, in pewter dishes: and then put them up in glasse, and keep them in drie cupboards neere the fire: you must take out the seeds, if you meane to eat them. You may prove this, preserving with Sugar-candie instead of sugar, if you please.

8. *The most kindly way to preserve
plums, cherries, goos-
berries, &c.*

YOU must first purchase some reasonable quantitie of their owne juice, with a gentle heat upon embers, in pewter dishes, dividing the juice still as it commeth in the stewing: then boile each fruit in his own juice, with a convenient proportion of the best refined Sugar.

9. *How*

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2. How to candy Rosemary flowers,
Rose leaves, Roses, Marigolds, &c.
with preservation of colour.

Dissolve refined or double refined
sugar, or sugar candy it self, in a
little Rose-water: boile it to a reason-
able height: put in your rootes, or
flowers when your sirup is either
fully cold, or almost cold; let them
rest therein till the sirup have pier-
ced them sufficiently: then take out
your flowers with a skimmer, suffer-
ing the loose sirup to run from
them so long as it will: boile that
sirup a little more, and put in more
flowers, as before; divide them al-
so: then boile all the sirup which re-
maineth, and is not drunke up in the
flowers, to the height of *Manus Chri-
sti*, putting in more Sugar, if you see
cause, but no more Rose-water; put
your flowers therein when your si-
rup is cold or almost cold, and let
them stand till they candie.

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10. *A most delicate and stiffe Sugar paste, whereof to cast Rabats, Pigeons, or any other little bird or beast, either from the life, or carved moulds.*

First, dissolve Isinglasse in faire water, or with some Rose-water in the latter end: then beat blanchèd Almonds, as you would for march-pane stuffe, and draw the same with creame and Rose-water (milke will serve, but creame is more delicate): then put therein some powdered Sugar; into which you may dissolve your Isinglasse, being first made into gelly, in faire warme water (note, the more Isinglasse you put therein, the stiffer your worke will prove): then having your rabbits, woodcocks, &c. moulded, either in plaister from life, or else carved in wood (first annointing your wooden moulds with oyle of sweet Almonds, & your plaister or stone moulds with barrowes grease) poure your Sugar paste thereon.

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A quart of cream, a quarterne of Almonds, two ounces of Icinglasse, and foure or six ounces of Sugar is a reasonable good proportion for this stuffe. *Quere* of moulding your birds, rabbits, &c. in the compound wax, mentioned in my *Jewell house*, in the title of the *Art of moulding and casting*, page 60. For so your moulds will last long.

You may dredge over your fowle with crums of bread, Cinamon and Sugar boiled together, and so they will seeme as if they were roasted and breaded. Leach and gelly may be cast in this manner.

This paste you may also drive with a fine rowling-pin, as smooth and as thin as you please: it lasteth not long, and therefore it must bee eaten within a few dayes after the making thereof. By this meanes a banquet may bee presented in the forme of a supper, being a very rare and strange device.

The Art of preserving.

*11. To make a Candy of Marigolds, Roses, Borage,
or Rosemary-flowers.*

Boile Sugar and Rose-water a little upon a chafing dish with coals: then put the flowers (being thoroughly dried, either by the Sun, or on the Fire) into the Sugar, and boile them a little: then strew the powder of double refined sugar upon them, and turne them, and let them boile a little longer, taking the dish from the fire: then strew more powdered Sugar on the contrary side of the flowers. These will dry of themselves in two or three houres in a hot sunny day, though they lie not in the Sunne.

*12. To make an excellent Marchpane
paste to print off in moulds for
banqueting dishes.*

Take to every Jordan Almond
blanched, three spoonfuls of
the

Conseruing, candying, &c.

the whitest refined Sugar you can get: searce your Sugar, and now and then, as you see cause, put in two or three drops of Damaske Rose-water: beate the same in a smooth stone mortar, with great labour, untill you have brought it into a dry stiffe paste: one quarterne of Sugar is sufficient to worke at once.

Make your paste in little bals, every ball containing so much by estimation as will cover your mould or print: then roule the same with a rowling pin upon a sheet of cleane paper, without strewing any powdered Sugat either upon your paste or paper.

There is a countrey Gentlewoman, whom I could name, which venteth great store of Sugar-cakes made of this composition. But the only fault which I find in this paste, is, that it tasteth too much of the Sugar, and too little of the Almonds: and therefore you may prove the making thereof by such Almonds

B 5

which

The Art of Preserving.

which have had some part of their oyle taken from them by expression, before you incorporate them with the Sugar: and so happely you may mix a greater quantity of them with the Sugar, because they are not so oily as the other.

You may mix Cinamon or Ginger in your paste, and that will both grace the taste, and alter the colour; but the spice must passe thorow a faire searce: you may steep your Almonds in cold water all night, and so blanch them cold: and being blanched, dry them in a sieve over the fire. Here the garble of Almonds will make a cheap paste.

13. The making of sugar plate, and casting thereof in carved moulds.

TAke one pound of the whitest refined or double refined Sugar, if you can get it: put thereto three ounces (some Comfit-makers put

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put six ounces for more gaine) of the best starch you can buy; and if you drie the Sugar after it is powdered, it will the sooner passe thorow your Lawne Searce. Then searce it, and lay the same on a heap in the midst of a sheet of cleane paper: in the middle of which masse, put a prettie lump of the bignesse of a walnut of gum dragagant, first steeped in Rose-water one night: a pottenger full of Rose-water is sufficient to dissolve an ounce of gum (which must first bee well picked, leaving out the drosse:) remember to straine the gum thorow a canvas: then, having mixed some of the white of an egge with your strained gum, temper it with the Sugar betwixt your fingers by little and little, till you have wrought up all the Sugar and the gum together into a stiffe paste; and in the tempering, let there be alwayes some of the Sugar betweene your fingers and the gum: then dust your

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your wooden moulds a little with some of that powdered Sugar throw a piece of Lawfie, or fine linnen cloth: and having driven out with your rowling pinne a sufficient portion of your paste to a convenient thicknesse, cover your mould therewith, pressing the same downe into every hollow part of your mould with your fingers: and when it hath taken the whole impression, knocke the mould on the edge against a table, and the paste will issue forth, with the impression of the mould upon it: or, if the mould bee deep cut, you may put the point of your knife gently into the deepest parts here and there, lifting up by little and little the paste out of the mould.

And if in the making of this paste, you happen to put in too much gum, you may put more sugar thereto, and if too much sugar, then more gum: you must also worke this paste into your moulds as speedily as you can.

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can after it is once made, and before it harden: and if it grow so hard that it cracke, mixe more gum therewith: cut away with your knife from the edges of your paste, all those pieces which have no part of the worke upon them, and worke them up with the paste which remaineth: and if you will make sawcers, dishes, bowles, &c. then (having first driven your paste upon paper, first dusted over with sugar to a convenient largenesse, and thicknesse) put the pastes into some sawcer, dish, or bowle of a good fashion, and with your finger presse it gently downe to the insides thereof, till it resemble the shape of the dish: then pare away the edges with a knife even with the skirt of your dish or sawcer, and set it against the fire, till it be drie on the inside: then with a knife get it out, as they use to doe a dish of butter, and dry the backside: then gild it on the edge with the white of an egge laid round about

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about the brim of the dish with a pencill, and presse the gold downe with some cotten; and when it is dry, skew or brush off the gold with the foote of a Hare or Cony. And if you would have your paste exceeding smooth, as to make cards and such like conceits thereof, then roule your paste upon a sliced paper with a smooth and polished rowling-pin.

14. *A way to make Sugar-plate both of colour, and taste of any flower.*

TAKE Violets, and beat them in a mortar with a little hard Sugar, then put into it a sufficient quantity of Rose-water: then lay your gum in steep in the water, and so work it into paste, and so will your paste be both of the colour of the Violet, and of the smell of the Violet. In like sort may you work with Marigolds, Cowslips, Primroses, Buglosse, or any other flower.

15. To

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15. To make paste of Navie.

TAke a quarter of a pound of valentian Almonds, otherwise called the small Almonds, or Barbary Almonds, and beat them in a mortar till they come to paste: then take stale manchet being grated, and dry it before the fire in a dish: then sift it: then beat it with your Almonds: put, in the beating of it, a little Cinnamon, Ginger, and the juice of a Limon, and when it is beaten to perfect paste, print it with your moulds, and so drie it in an oven after you have drawne your bread: this paste will last all the yeere.

16. To make Jumbolls.

TAke halfe a pound of Almonds, being beaten to paste, with a short cake being grated, & two eggs, two ounces of carroway seeds, being
beaten

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beaten, and the juice of a Limon :
and being brought into paste, roule
it into round strings : then cast it in-
to knots, and so bake it in an oven :
and when they are baked, yce them
with Rose-water and Sugar, and the
white of an egge being beaten to-
gether, then take a feather and gild
them, then put them againe into the
oven, and let them stand in a little
while, and they will be yced cleane
over with a white yce : and so boxe
them up, and you may keepe them
all the yeere.

57. *To make a paste to keep you moist,
if you list not to drinke oft ; which
Ladies use to carry with them when
they ride abroad.*

TAKE halfe a pound of Damaske
prunes, and a quarterne of dates,
stone them both, and beat them in a
mortar with one warden being roa-
sted, or else a slice of old marme-
lade:

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lades; and so print it in your moulds;
and dry it after you have drawne
bread: put Ginger unto it, and you
may serve it in a banquet.

18. To take a Marchpane.

Take two pound of Almonds,
being blanched and dried in a
sieve over the fire: beat them in a
stone mortar; and when they bee
small, mixe them with two pound of
Sugar being finely beaten; adding
two or three spoonfuls of Rose-wa-
ter, & that will keep your Almonds
from oyling. When your paste is bea-
ten fine, drive it thin with a rowling
pin, and so lay it in a bottom of wa-
fers: then raise up a little edge on the
side, and so bake it: then yce it with
Rose-water and Sugar: then put it
into the oven again; and when you
see your yce is risen up and dry, then
take it out of the oven, and garnish it
with

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with pretty conceits, as birds and beasts, being cast out of standing moulds. Stick long Comfits upright in it: cast biskets and carrowayes in it, and so serve it: gild it before you serve it: you may also print off this March-pane paste in your moulds for banquetting dishes: and of this paste our Comfit-makers at this day make their letters, knots, markes, Escutcheons, beasts, birds, and other fancies.

19. To make bisket-bread, otherwise called french bisket.

TAKE halfe a peck of fine flower, two ounces of Coriander seeds, one ounce of Anni-seeds, the whites of foure egges, halfe a pinte of Ale-yeast, and as much water as will make it up into stiffe paste; your water must be but bloud warme: then bake it in a long roule as big as your thigh: let it stay in the oven but one houre, and when it is a day old, pare

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pate it and slice it overthwart: then Sugar it over with fine powdered Sugar, and so drie it in an oven againe: and being drie, take it out, and Sugar it againe: then box it, and so you may keep it all the yeere.

20. To make Prince-bisket.

TAKE one pound of very fine flower, and one pound of fine Sugar, and eight egges, and two spoonfulls of Rose-water, and one ounce of Carroway seeds, and beat it all to batter one whole houre: for the more you beat it, the better your bread is: then bake it in coffins of white plate, being basted with a little butter before you put in your batter, and so keep it.

21. To make another kinde of bisket called biskettello.

TAKE halfe an ounce of gum dragagant, dissolved in Rose-water

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Rose-water with the juice of a Limon and two graines of musk: then strain it thorow a faire-linnen cloth, with the white of an egge: then take halfe a pound of fine Sugar being beaten, and one ounce of Carroway seeds, being also beaten and searced: and then beat them also together in a mortar, till they come to paste; then roule them up in small loaves about the bignesse of a small egge; put under the bottome of every one a piece of a wafer, and so bake them in an oven upon a sheet of paper; cut them on the sides, as you doe manchets, and prick them in the middest: when you breake them up, they will be hollow and full of eyes.

22. To make Ginger-bread.

TAKE three stale manchets, and grate them: dry them and sift them thorow a fine sieve: then adde
unto

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unto them one ounce of Ginger, being beaten, and as much Cinnamon, one ounce of Liquorice and Anniseeds, being beaten together, and searced, haue a pound of Sugar: then boile all these together in a posnet, with a quart of claret wine, till they come to a stiffe paste, with often stirring of it, and when it is stiffe, mould it on a table, and so drive it thin, and put it in your moulds: dust your moulds with Cinnamon, Ginger, and Liquorice, being mixed together in fine powder. This is your Ginger-bread used at the Court, and in all Gentlemens houses at feastiual times. It is otherwise called drie Leach.

23. To make drie Ginger-bread.

TAke halfe a pound of Almonds, and as much grated cake, and a pound of fine Sugar, and the yolkes of two new laid egges, the iuice of a
Limon

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Limon, and two graines of muske;
beat all these together till they come
to a paste: then print it with your
moulds: and so dry it upon papers in
an oven; after your bread is drawne.

24. To make puffle-paste.

TAKE a quart of the finest flower,
and the whites of three egges,
and the yolkes of two, and a little
cold water, and so make it into per-
fect paste: then drive it with a row-
ling-pin abroad: then put on small
pieces of butter, as big as nuts, upon
it: then fould it over; then drive it
abroad again; then put small pieces
of butter upon it, as you did before;
doe this ten times, alwayes folding
the paste, and putting butter be-
twene every fold. You may convey
any prettie forced dith, as Florentin,
Cherry tart, Rice, or Pippins, &c. be-
twene two sheets of that paste.

25. To

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25. To make paste short without butter.

TAKE a quart of fine flower, and put it into a pipkin, and bake it in an oven when you bake Mancher; then take the yolkes of two or three egges, and a pintre of creame, and make paste; put into it two ounces of Sugar being finely beate[n], and so you shall make your paste short without butter or sewer. In like sort, when you make Sugar-cakes, bake your flower first.

26. To make crySTALL gelly.

TAKE a knockle of Veale, and two Calves feet (your Calves feet being flaid and scalded) and boyle them in faire spring water, and when they are boyled, ready to eat, you may save your flesh, and not boyle it to pieces; for if you doe so, the gelly will lookè thicker; then take a quart of the clearest
of

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of the same broth, and put it into a posnet, adding thereunto Ginger, white pepper, sixe whole cloves, one nutmeg quartered, one graine of Muske, put all these whole spices in a little bag, and boyle them in your gelly; season it with foure ounces of sugar-candy, and three spoonfuls of Rose-water; so let it run thorow your gelly-bag, and if you meane to have it looke of an amber colour, bruise your spices, and let them boile in your gelly loose.

27. To make Leach of Almonds.

TAKE halfe a pound of sweet Almonds, and beat them in a mortar; then straine them with a pint of sweet milke from the cow; then put to it one grain of muske, 2 spoonfuls of Rose-water, two ounces of fine sugar, the weight of three whole shillings of Isinglasse that is very white, an

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and so boile them: then let all run thorow a strainer, then you may slice the same, and so serue it.

28. To make Quidinia of Quinces.

TAKE the kernels out of eight great Quinces, and boile them in a quart of spring water, till it come to a pinte; then put into it a quarter of a pinte of Rose-water, and one pound of fine Sugar, and so let it boile till you see it come to be of a deep colour; then take a drop, and drop it on the bottome of a sawcer, and if it stand, take it off, then let it run thorow a gelly bagge into a bason: then set on your bason vpon a chafing-dish of coales, to keepe it warme; then take a spoone, and fill your boxes as full as you please, and when they be cold, cover them: and if you please to print it in moulds, you must haue moulds made to the bignesse of your box, and wet your moulds with Rose-water, and so let

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it run into your mould; and when it is cold, turne it off into your boxes. If you wet your moulds with water, your gelly will fall out of them.

29. *To make gelly of Straw-berries, Danberries, Raspis-berries, or any such tender fruit.*

Take your berries, and grind them in an Alabaster Mortar, with foure ounces of Sugar, and a quarter of a pinte of faire water, and as much Rose-water; and so boile it in a posnet with a little peece of Ilinglasse, and so let it run thorow a fine cloth into your boxes, and so you may keep it all the yeere.

30. *To make paste of Genua of Quinces.*

Take Quinces, and pare them and cut them in slices, and bake them

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them in an Ouen drie in an earthen
pot, without any other iuice than
their owne : then take one pound
the eof, straine it, and put it into a
stone Mortar with halfe a pound of
Sugar, and when you have beaten it
up to passe, print it in your moulds,
and drie it three or foure times in an
Ouen after you have drawne bread,
and when it is thorowly drie and
hardned, you may boxe it, and it
will keepe all the yeere.

31. To make Marmelade of Quinces or Damsons.

When you have boiled your
Quinces, or Damsons suffi-
ciently, straine them : then drie the
pulp in a pan on the fire, and when
you see there is no water in it, but
that it beginneth to bee stiffe, then
mix two pound of Sugar with three
pound of pulp : this Marmelade
will bee white Marmelade : and if
you desire to have it looke with
an

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an high colour : put your Sugar and your pulp together so soone as your pulp is drawne, and let them both boile together, and so it will look of the colour of ordinary marmelade, like unto a stewed Warden; but if you drie your pulp first, it will look whiter, and take lesse Sugar : you shall know when it is thick enough by putting a little into a sawcer, letting it coole before you box it.

32. To make Sucket of Lettice stalkes.

TAke Lettice stalkes, and pill away the out-side; then parboyle them in faire water; then let them stand all night drie; then take halfe a pinte of the same liquor, and a quarter of a pinte of Rose-water, and so boile it to sirup; and when your sirup is betwixt hot and cold, put in your aforesaid roots, and let them stand all night in your sirup to make them take Sugar, and then the

next

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next day your sirup will be weak againe: then boile it againe, and take out your roots. In the like sort may you keepe Orange pils, or green Walnuts, or any thing that hath the bitterneffe first taken from it by boiling in water.

33. To candie Nutmegs or Ginger

Take one pound of fine Sugar, and eight spoonfulls of Rose-water, and the weight of fine pease of Gum Arabique, that is cleane, boile them together to such a height as that dropping some, there about of a spoon, the sirup do roge and run into the finalnesse of an haire: then put it into an earthen pipkin; wherein place your Nutmegs, Ginger, or such like: then stop it close with a linnen cloth, and lute it well with clay, that no aire may enter: then keep it in a hot place three weeks, and it will candie hard.

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You must breake your pot with an hammer, for otherwise you cannot get out your candle. You may also candie Orenge, or Limons in like sort, if you please.

34. To preserve Orenge, after the Portugall fashion.

TAKE Orenge, and coare them on the side, and lay them in water: then boile them in faire water till they be tender: shift them in the boiling, to take away their bitterneffe, then take Sugar, and boile it to the height of sirup as much as will coyer them, and so put your Orenge into it, and that will make them take Sugar. If you have 24. Orenge, beat eight of them, till they come to paste, with a pound of fine Sugar; then fill every one of the other Orenge with the same, and so boile them again in your sirup, then there wil be Marmelade of Orenge within your Orenge, and it wil cut like an hard egge.

35. To

Conseruing, candying, &c.

35. To candie Orenge pills.

Take your Orenge pills after they bee preserved; then take fine Sugar and Rose-water, and boile it to the height of *Marus Christi*; then draw thorow your Sugar, then lay them on the bottome of a sieve, and drie them in an Oven after you have drawne bread, and they will be candied.

*36. To preserve Cowcumbers
all the yeere.*

You may take a gallon of faire water, and a pottle of verjuice, and a pinte of bay salt, and a handfull of greene Fennell or Dill: boile it a litle, and when it is cold, put it into a barrell, and then put your Cowcumbers into that pickle, and you shall keep them all the yeeres.

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37. *To preserve Broom-capers
all the yeere.*

BOile a quart of verjuice, and an
handfull of bay-salt, and therein
you may keep them all the yeere,

38. *To colour Sugar-place with
severall colours.*

YOU may mixe Roses with your
fine searced Sugar untill the co-
lour please you, and so shall you
have a faire murrey colour. Sap-
greene must be tempered in a little
Rose-water, having some Gum
first dissolved therein, and so lay it
on with a peacill upon your paste
in apt places: With Saffron you
may make a yellow colour in the
like manner, first drying and pow-
dering your Saffron; and after it
hath coloured the Rose-water suf-
ficiently, by straining it thorow
fine linnen. The powder of Cina-
mon

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mon maketh a Walnut colour, and
Ginger and Cinamon together, a
lighter colour.

39. To make Trasses for the Sea.

First make paste of Sugar and Gum
dragagant mixed together, then
mixe therewith a reasonable quan-
tity of the powder of Cinamon and
Ginger; and, if you please, a little
Muske also, and make it up into
roules of severall fashions, gilding
them here and there. In the same
manner you may also convey any
purgative, vomit, or other medicine
into Sugar paste.

*40. To make paste of Violets, Roses,
Marigolds, Camflips, or Liquorice.*

Shred, or rather powder the drie
leaves of your flower, putting
thereunto some fine powder of
Ginger and Cinamon, and a little
Muske, if you please, mixe them all

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consufedly together: then dissolve
some Sugar in Rose-water, and be-
ing boiled a little, put some Saffron
therein, if you worke upon Mari-
golds; or else you may leave out
your Saffron; boile it on the fire
unto a sufficient height. You must
also mixe therewith the pap of a
roasted apple, being first well dried
in a dish over a chafing-dish of
coales; then poure it upon a tren-
cher, being first sprinkled over
with Rose-water, and with a knife
worke the paste together. Then
break some Sugar-candie small, but
not to powder, and with Gum
dragagant fasten it here and
there to make it seeme as if it were
roch candied: cut the paste into
peecees of what fashion you list, with
a knife first wet in Rose-water. In
Liquorice paste you must leave out
the pap of the pippin, and then
worke your paste into drie roules.
Remember to seare the Liquorice
thorow a fine seare. These roules
are

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are verie good against any cough or cold.

*41. To make Marmelade of Limons
or Orenge.*

TAke ten Limons or Orenge, and boile them with half a dozen Pip-pins, and so draw them thorow a strainer; then take so much Sugar as the pulp doth weigh, and boile it as you do Marmelade of Quinces, and then box it up.

*42. How to candie Nutmegs, Ginger,
Mace, and flowers, in dalse a day,
with hard or rock candie.*

LAy your Nutmegs in sleepe in common Lee, made with ordinary ashes, 24. houres; take them out, and boile them in faire water till they bee tender, and so take out the Lee: then drie them, and make a sirup of double refined Sugar, and a little Rose-water, to the height
of

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of a *Marmelade*: place this sirup
in a gentle Balneo, or some small
hear, putting your Nutmegs into
the sirup. Note, that you must skum
the Sugar, as it casteth any skum,
before you put in your Nutmegs;
then, having Sugar-candie fi. fi. b. u.
sed grossely, and seared thorow
colanders of severall bignesse, take
the smallest thereof, and roule your
Nutmegs up and downe therein, ei-
ther in a dish, or upon cleane paper:
then stowe your Nutmegges in a
cupbord with a chafing-dish of
coales, which must be made hot of
purpose, before you set them in:
and when they are drie enough, dip
them againe in fresh sirup, boiled
to his height, as before, and roule
them in the grosser sugar-candie, and
then stowe them againe till they bee
hard, and so the third time if you
will increase their candie. Note,
that you must spend all the Sugar
which you dissolve at one time with
candying of one thing or other
therein.

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therein presently. The stronger that
your Lee is, the better; and the
Nutmeg, Ginger, &c. would lie in
steep in the Lee ten or twelve dayes,
and after in the sirup of Sugar in a
stove or cupboard, with a chafin-
dish and coales one whole weeke,
and then you may candie them sud-
denly, as before. Flowers and fruits
are done presently, without any such
steeping or stoving, as before: onely
they must bee put into the stove af-
ter they are coated, with your pow-
dered Sugar-candie. And those flow-
ers of fruits, as they are suddenly
done, so they will not last above two
or three dayes faire; and therefore
onely to bee prepared for some set
Banquet.

34. Casting of Sugar in partie moulds of wood.

Lay your moulds in fire water
three or foure houres before
you

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you cast, then drie up your inward moisture with a cloth of Linnen, then boile Rose-water and refined Sugar together, but not to any great stiffenesse; then poure it into your moulds: let your moulds stand one houre, and then gently part or open the moulds, and take out that which you have cast. You may also worke the paste, *ante numero 12. 13.* into these moulds, first printing or pressing gently a little of the paste into the one halfe, and after with a knife, taking away the superfluous edges, and so likewise of the other halfe then presse both sides of the mould together two or three times, and after take away the crest that will arise in the midst. And to make the sides to cleave together, you may touch them first over with Gum dragagant dissolved, before you presse the sides of the mould together. Note, that you may convey Comfits within, before you close the sides. You may cast off
any

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any of these mixtures or pastes in Alabaster moulds, moulded from the life.

44. To mould off a Limon, Orenge, Peare, Nut, &c. and after to cast it hollow within of Sugar.

Fill a wooden platter halfe full of sand, then presse downe a Limon, Peare, &c. therein to the just halfe thereof: then temper some burnt Alabaster with faire water, in a stone or copper dish, of the big- nesse of a great silver boules, and cast this pap into your sand, and from thence clap it upon the Limon, Peare, &c. pressing the pap close un- to it. Then after a while take out this halfe part with the Limon in it, and pare it even in the insides, as neere as you can, so make it resem- ble the just halfe of your Limon, then make 2. or 3. little holes in the halfe (viz. in the edges thereof) laying it downe in the sand againe, and so cast

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cast another halfe unto it, then cut off a pecke of the top of both your parric moulds, and cast thereto another cap in like manner as you did before. Keepe these three parts bound together with tape, till you have cause to use them: and before you cast, lay them alwayes in water, and drie up the water againe, before you poure in the Sugar. Colour your Limon with a little Saffron steeped in Rose-water. Use your Sugar in this manner: Boile refined, or rather double refined Sugar and Rose-water to his full height, viz. till by powring some out of a spoone, it will run at the last as fine as a haire: then taking off the cap of your mould, poure the same therein, filling up the mould above the hole, and presently clap on the cap, and presse it downe upon the Sugar, then swing it up and downe in your hand, turning it round, and bringing the neather part sometimes

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times to bee the upper part in the turning, and *converse*. This is the manner of using an Orange, Limon, or other round mould: but if it bee long, as a pig, foot will bee, being moulded, then roule it, and turne it up and downe long wayes in the airc.

45. How to keep the dry pulp of Cherries, Prunes, Damsons, &c. all the yeere.

You may take of those kinde of Cherries that are sharp in taste (There if the common black & red Cherry will not also serve, having in the end of the decoction a little oyle of Vitrioll, or Sulphur, or some rrejuice of sower grapes, or juide of Limon: mixed therewith, to give a sufficient tartnesse :) pull off their stalks, and boile them by themselves, without the addition of any liquor, in a caldron or pipkin; and when they begin once to boile in their owne

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owne juice, stirre them hard at the bottom with a spattle, lest they burn to the pans bottome. They have boiled sufficiently, when they have cast off all their skins, and that the pulp and substance of the Cherries is growne to a thick pap: then take it from the fire, and let it coole; then diuide the stones and skins by passing the pulp onely thorow the bottome of a Strainer reversed, as they use in *Cassia fistula*; then take this pulp, and spread it thin upon glazed stones or dishes, and so let it drie in the Sunne, or else in an Oven presently after you have drawn your bread: then loose it from the stone or dish, and keepe it to provoke the appetite, and to coole the stomacke in Fevers and all other hot diseases. Prove the same in all manner of fruit. If you feare adustion in this worke, you may finish it in hot Balneo.

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46. *How to drie all manner of Plums
or Cherries in the Sunne.*

IF it be a small fruit, you must drie
them whole, by laying them a-
broad in the hot Sunne, in stone or
pewter dishes, on iron or brasle pans,
turning them as you shall see cause.
But if the Plum be of any largenesse,
slit each Plum on the one side, from
the top to the bottome; and then lay
them abroad in the Sunne: but if
they be of the biggest sort, then give
either Plum a slit on each side; and
if the Sun do not shine sufficiently
during the practise, then drie them
in an Oyen that is temperately
warne.

47 *How to keepe Apples, Peares,
Quinces, Wardens, &c.
all the yeere, dry.*

PAre them, take out the coare,
and slice them in thin slices,
laying

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laying them to dry in the Sun in
some stone or metalline dishes, or
upon a high frame covered with
course canvas, now and then tur-
ning them; and so they will keep all
the yeere.

48. To make Greene Ginger upon sirup.

TAKE Ginger one pound: pare it
cleane; steep it in red wine and
vinegar equally mixed: let it stand
so twelve dayes in a close vessel, and
every day once or twice stirre it up
and downe: then take of wine one
gallon, and the vinegar a pottle;
seeke altogether to the consump-
tion of a moiety or halfe; then take a
pottle of cleane clarified honey, or
more, and put thereunto, and let
them boile well together; then take
halfe an ounce of Saffron finely bea-
ten, and put it thereto, with some Su-
gar, if you please.

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49. To make Jucker of greene Walnuts.

TAke Walnuts when they are no bigger then the largest haseell nut: pare away the uppermost green, but not too deep; then scethe them in a pottle of water, till the water bee sodden away: then take so much more of fresh water, and when it is sodden to the halfe, put thereto a quart of vinegar, and a pottle of clarified hony.

50. To make conserve of Prunes or Damsons.

TAke ripe Damsons: put them into scalding water: let them stand a while; then boile them over the fire till they break: then straine out the water thorow a colander, and let them stand therein to coole: then straine the Damsons thorow the colander, taking away the stones
and

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and skins : then set the pulp over the fire againe, and put thereto a good quantitie of red wine, and boile them well to a stiffenesse, ever stirring them up and downe ; and when they bee almost sufficiently boiled, put in a convenient proportion of Sugar : stirre all well together, and after put it in your gally-pots.

51. To make conserve of Straw-berries.

First, scethe them in water, and then cast away the water, and straine them : then boile them in white wine, and worke as before in Damsons ; or else straine them, being ripe : then boile them in Wine and Sugar till they be stiffe.

52. Conserve of Prunes or Damsons made another way.

Take a pottle of Damsons : prick them, and put them into a pot, putting

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putting thereto a pinte of Rose-water or wine, and cover your pot: let them boile well: then incorporate them by stirring: and when they be tender, let them coole, and straine them with the liquor also: then take the pulp, and set it over the fire, and put thereto a sufficient quantity of sugar, and boile them to their height or consistencie, & put it up in gally-pots or jarre-glasses.

53. How to candie Ginger, Nutmegs, or any roots or flowers.

Take a quarter of a pound of the best refined Sugar, or Sugar-candie, which you can get: powder it: put thereto two spoonfulls of Rose-water: dip therein your Nutmegs, Ginger, roots, &c. being first sodden in faire water till they bee soft and tender: the oftner you dip them in your sirup, the thicker the candie will bee.

but

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but it will bee the longer in candy-
ing, your sirup must be of such thicke-
ness, as that a drop thereof being let
fall upon a pewter-dish, may con-
geale and harden, being cold. You
must make your sirup in a chafin-
dish of coales, keeping a gentle fire.
After your sirup is once at his full
height, then put them upon papers
presently into a stove, or in dishes:
continue fire some ten or twelve
dayes, till you finde the candie hard
and glistering like diamonds: you
must dip the red-rose, the Gilli-
flower, the Marigold, the Borage-
flower, & all other flowers but once.

54. The Art of comfet-making, tea- ching how to cover all kinds of seeds, fruits, or spices with Sugar.

First of all you must have a deepe
bottomed bason of fine cleane
brasse or latten, with two ears of
iron to hang it with two severall
cords

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cords over a bason or earthen pan with hot coales.

You must also have a broad pan to put ashes in, and hot coales upon them.

You must have a cleane latten bason to melt your Sugar in, or a faire brassen skillet.

You must also have a fine brassen ladle, to let run the Sugar upon the seeds.

You must also have a brassen slice, to scrape away the Sugar from the hanging bason, if need require.

Having all these necessarie vessels and instruments, worke as followeth.

Choose the whitest, finest, and hardest Sugar, and then you need not to clarifie it, but beat it only into fine powder, that it may dissolve the sooner.

But first make all your seeds very clean, and drie them in your hanging bason.

D

Take

The Art of preserving.

Take for every two pound of Sugar, a quarter of a pound of Annis-seeds, or Coriander-seeds, and your Comfits will be great enough: and if you will make them greater, take halfe a pound more of Sugar, or one pound more, and then they will bee faire and large.

And halfe a pound of Annis-seeds with two pound of Sugar, will make fine small Comfits.

You may also take a quarter and a halfe of Annis-seeds, and three pound of Sugar, or halfe a pound of Annis-seeds, and foure pound of Sugar. Do the like in Coriander-seeds.

Melt your Sugar in this manner:
Put three pound of your powder-sugar into the Bason, and add a pint of cleane running water therunto: stirre it well with a brassen slice, untill all bee moist and well wet: then set it over the fire, without smoake or flame, and melt it well, that there bee no whole
gristy

Conserving, candying, &c.

gristy Sugar in the bottome, and let it seeche mildly, untill it will stream from the ladle like Turpentine, with a long streame, and not drop: when it is come to his decoction, let it seeche no more, but keep it upon hot embers, that it may run from the ladle upon the seeds.

To make them speedily, let your water bee seething hot, or seething, and put powder of Sugar to them: cast on your Sugar boiling hot: have a good warme fire under the hanging bason.

Take as much water to your Sugar as will dissolve the same.

Never skim you Sugar, if it bee cleane and fine.

Put no kind of Starch or Amylum to your Sugar.

Seethe not your Sugar too long: for that will make it black, yellow, or tawny.

Move the seeds in the hanging bason as fast as you can or may;

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when the Sugar is in casting.

At the first coate put on but one halfe spoonfull with the ladle, and all to move the bason, move, stirre and rub the seeds with thy left hand a prettie while, for they will take Sugar the better, and drie them well after every coate.

Do this at every coate, nor only in moving the bason, but also with the stirring of the Comfits with the left hand, and drying the same, thus doing you shall make good speed in the making: as, in every three houres you may make three pound of Comfits.

And as the Comfits do increase in greatnesse, so you may take more Sugar in your ladle to cast on. But for plaine Comfits, let your Sugar be of a light decoction last, and of a higher decoction first, and not too hot.

For crispe and ragged Comfits, make your Sugar of a high decoction, even as high as it may run from

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from the ladle, and let fall a foot high or more from the ladle, and the hotter you cast in your Sugar, the more ragged will your Comfits be. Also the Comfits will not take so much of the Sugar as they will upon a light decoction, and they will keep their raggednesse long. This high decoction must serve for eight or ten batches in the end of the work, and put on at every time but one spoonfull, and have a light hand with your bason, casting on but little Sugar.

A quarter of a pound of Coriander seeds, and three pound of Sugar will make great, huge, and big Comfits.

See that you keepe your Sugar alwayes in good temper in the bason, that it burne not into lumps or gobbets: and if your Sugar bee at any time too high boiled, put in a spoonfull or two of water, and keepe it warily with the ladle, and let your fire alwayes bee without

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smoake or flame.

Some commend a ladle that hath a hole in it to let the Sugar run thorow of a height: but you may make your Comfits in their perfect forme and shape, only with a plaine ladle.

When your Comfits be made, set your dishes with your Comfits upon papers in them, before the heat of the fire, or in the hot Sunne, or in an Oven after the bread is drawne, by the space of an houre or two, and this will make them to bee very white.

Take a quarter of a pound of Annis-seeds, and two pound of Sugar, and this proportion will make them very great: and even a like quantitie take of Carroway-seed, Fennell-seed, and Coriander-seed.

Take of the finest Cinamons and cut it into prettie small sticke, being drie, and beware you wet it not: for that deadeth the Cinamon:

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mon : And then worke as in other Comfits. Do this with Orenge rindes likewise.

Worke upon Ginger, Cloves, and Almonds, as upon other seeds.

The smaller that Annis-seed Comfits be, the fairer, the harder, and so in all other.

Take the powder of Cinamon, two drammes ; of fine Muske, dissolved in a little water, one scruple : mingle these all together in the hanging Bason, and cast them upon Sugar of a good decoction. Then, with thy left hand, move it to and fro, and drie it well : do this often, untill they be as great as Poppy-seeds, and give in the end three or foure coats of a light decoction, that they may bee round and plaine, and with an high decoction, you may make them crispe.

You must have a course searce made for the purpose with haire, or with parchment full of holes, to

The Art of preserving,

Part and divide the Comfits into several sorts.

To make paste for Comfits, Take fine grated bread foure ounces, fine elect Cinamon powdered halfe an ounce, of fine Ginger powder one dram, Saffron powder a little, white Sugar two ounces, and a few spoonfulls of Borrage-water, scethe the water and the Sugar together, and put to the Saffron, then first mingle the crummes of bread, and the Spices well together, drie them, put the liquor scalding hot upon the fluffe, and being hot, labour it with thy hand, and make bals or other formes thereof, drie them, and cover them as Comfits.

Coriander seeds two ounces, Sugar one pound and a halfe, maketh very faire Comfits.

Annis-seeds three ounces, Sugar halfe a pound, of Annis-seeds two ounces, and Sugar six ounces, will make faire Comfits.

Every dramme of fine Cinamon will

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will take at the least a pound of Sugar for biscuits, and likewise of Sugar or Ginger powder.

Halfe an ounce of grosse Cinnamon will make almost three drams of fine powder searfed, after it is well bearen.

Sugar powder one ounce will take at the least a pound of Sugar to make your biscuits faire.

Carrowaies will be faire at twelve coates.

Put into the Sugar a little Amylum dissolved for five or sixe of the last coates, and that will make them exceeding crispe: and if you put too much Amylum or Starch to the Comfits which you would have crispe, it will make them flat and smooth.

In any other confection of pasted Sugar, mixed with Gum dragagant, put no kinde of Amylum: beware of it, for it will make the worke clammy.

To make red Comfits, seeth three

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or foure ounces of brazell with a little water: take of this red water foure spoonfuls; of Sugar one ounce, and boile it to his decoction: then give six coats, and it will be of a good colour; or else you may turne so much water with one dram of turnesole, doing as before.

To make Greene Comfits, see the Sugar with the juice of beets.

To make them yellow, see the Saffron with Sugar.

In making of Comfits, alwaies when the water doth see the, then put in your Sugar-powder, and let it see the a little, untill it be cleane dissolved, and boiled to his perfect decoction, & that the whitensse of the colour bee cleane gone: and if you let it settle, you shall see the Sugar somewhat cleere.

For biscuits, take two spoonfuls of liquor; of Sugar searced in a course searce one dram; and of Sugar powder, to be molt and cast, one ounce. This done, will make the biscuits

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biskets somewhat faire, and somewhat greater then Poppie-seeds.

Aliter. Take Sugar powder foure drams; Sugar to cast, foure ounces, with liquor sufficient: lay gold or silver on your Comfits.

Every dram of Sugar powder will take an ounce of Sugar to bee cast: eight drams make one ounce. To thus much powder for biskets, take halfe a pound of Sugar to cast thereon.

Coriander-seeds, a quarter of a pound, Sugar three pound, Coriander-seeds halfe a pound, Sugar three drams, will make faire Comfits.

For Biskets, Annis-seeds halfe a pound, Fennell seeds a quarter of a pound, and Sugar, two pound sufficient.

In six or eight of the last coats put in two spoontuls of Sugar very hot, to make them crisp.

To one pound of Sugar take nine ounces of water.

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35. *To make a cullis as white as snow,
and in the nature of Gelly.*

TAKE a Cocke, scald, wash and draw him clean, seeth it in white wine or Rhenish wine, scum it clean, clarifie the broth after it is strained: then take a pinte of thick and sweet cream, straine that to your clarified broth, and your broth will become exceeding faire and white: then take powdered Ginger, fine white Sugar and Rose-water, seething your cullis when you season it, to make it take the colour the better.

36. *To make Wafers.*

TAKE a pinte of flower, put into it a little cream with two yolkes of egges and a little Rose-water, with a little searced Cinamon and Sugar, worke them all together, and bake the pake upon hot Irons.

37. *To*

Conseruing, candying, &c.

57. To make Almond Butter.

BLanch your Almonds, and beat them as fine as you can with faire water, two or three houres, then straine them thorow a linnen cloth, boile them with Rose-water, whole Mace and Annis-seeds, till the substance be thick: spread it upon a faire cloth, dreining the whey from it, after let it hang in the same cloth some few houres, then straine it, and season it with Rose-water and Sugar.

*58. A white gelly of
Almonds.*

TAke Rose-water, Gum Dragagant dissolved, or Ilinglasse dissolved, and some Cinamon grossely beaten, seethe them all together, then take a pound of Almonds, blanch and beat them fine with a little faire water, drie them in a faire cloth, and put your

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your water aforesaid into the Almonds, see the them together, and stirre them continually, then take them from the fire, when all is boiled to a sufficient height.

59. To make Leach.

SEethe a pinte of cream, and in the seething put in some dissolved Hinglasse, stirring it till it be very thick: then take a handfull of Blanched Almonds, beat them, and put them in a dish with your Creame, seasoning them with Sugar, and after slice it, and dish it.

*60. Sweet Cakes without either
Spice or Sugar.*

SCrape or wash your Parsneps cleane, slice them thinne, drie them upon Canvas or Net-work frames, beat them to powder, mixing one third thereof with two thirds

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thirds of fine wheat flower : make up
your paste into coates, and you shall
finde them very sweet and delicate.

61. Roses and Gilliflowers kept long.

COver a Rose that is fresh, and in
the bud, and gathered in a faire
day after the dew is ascended, with
the whites of egges well beaten, and
presently strew thereon the fine pow-
der of searced Sugar, and put them
up in luted pots, setting the pots in a
coole place in sand or gravell : with
a fillep at any time you may shake off
this inclosure.

62. Grapes growing all the yeere.

Put a Vine stalke thorow a
Basket of earth in December,
which is likely to beare Grapes
that

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that yeere, and when the grapes are ripe, cut off the stalke under the basket (for by this time it hath taken root) keepe the basket in a warme place, and the grapes will continue fresh and faire a long time upon the Vine.

63. How to drie Rose leaves, or any other single flowers without wrinkling.

If you would performe the same well in rose leaves, you must in rose time make choise of such Roses as are neither in the bud, nor full blowne (for these haue the smoothest leaves of all other) which you must especially cull and chuse from the rest: then take right Callis sand, wash it in some change of waters, and drie it thorowly well, either in an oven, or in the sun; & having shallow, square, or long boxes of four, five, or six inches deep, make first an even lay of sand in the bottom, upon which

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which lay your Rose leaves, one by one (so as one of them touch other) till you have covered all the sand, then strowe sand upon those leaves till you have thinly covered them all, and then make another lay of leaves as before, and so lay upon lay, &c. Set this boxe in some warme place in a hot sunny day, (and commonly in two hot sunny dayes they will bee thorow drie) then take them out carefully with your hand without breaking. Keepe these leaves in iaine glasses bound about with paper, neere a chimney or stove, for feare of ro- lenting. I finde the red Rose leafe best to be kept in this manner; also take away the stalkes of pansies, stock-gilliflowers, or other single flowers, prick them one by one in sand, pressing downe their leaves smooth with more sand laid evenly upon them. And thus you may have Rose leaves, and other flowers to lay about your basons

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balcons, windowes, &c: all the winter long. Also this secret is very requisite for a good Simplifier, because he may drie the leafe of any herb in this manner; and lay it, being drie, in his Herball, with the simple which it representeth, whereby hee may easily learne to know the names of all simples which he desireth.

64. Clusters of Grapes kept till Easter.

Clusters of Grapes, hanging upon lines within a close Presse, will last till Easter. If they shrinke, you may plump them up with a little warme water before you eat them. Some use to dip the ends of the stalkes first in pitch: some cut a branch off the Vine with every cluster, placing an Apple at each end of the branch, now and then renewing those Apples as they rot; and after hanging them within a Presse or Cupboard, which would

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would stand in such a roome (as I suppose) where the grapes might not freeze: for otherwise you must be forced now and then to make a gentle fire in the roome, or else the grapes will rot and perish.

65. *How to keep Walnuts a long time plump and fresh.*

Make a lay of the drie stampings of Crabs when the verjuice is pressed from them, cover that lay with Walnuts, and upon them make another lay of stampings, and so one lay upon another till your vessell be full wherein you meane to keepe them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. *An excellent conceit upon the kernels of drie Walnuts.*

Gather not your Walnuts before they be full ripe, keep them without

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out any art untill New-yeeres tide, then breake the shells carefully, so as you deface not the kernels: (and therefore you must make choise of such Nuts as have thin shells) whatsoever you finde to come away easily, remove it: steep these kernels in conduit water fortie eight houres, then will they swell, and grow very plump and faire, and you may pill them easily, and present them to any friend you have for a New-yeeres gift: but being pilld, they must be eaten within two or three houres, or else they loose their whitenesse and beautie; but unpilld they will last two or three daies fair and fresh. This of a kind Gentlewoman, whose skill I do highly commend, and whose case I do greatly pitie; such are the hard fortunes of the best wits and natures in our daies.

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67. *How to keep Quinces in a most
excellent manner.*

MAke choise of such as are found,
and gathered in a faire, dry and
sunny day, place them in a vessell of
wood, containing a firkin or there-
about, then cover them with pennie
ale, and so let them rest: and if the
liquor carrie any bad seum, after a
day or two take it off: every ten or
twelve daies let out your pennie ale
at a hole in the bottome of your ves-
sell, stop the hole, and fill it up a-
gaine with fresh pennie ale: you may
have as much for two pence at a
time as will serve for this purpose.
These Quinces being baked at Whit-
sontide, did taste more daintily then
any of those which are kept in our
usuall decoctions or pickles.

Also if you take white wine Lees
that are neat (but then I feare you
must get them of the Merchant, for
your Tavernes do hardly afford any)
you

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you may keep your Quinces in them very faire and fresh all the yeere; and therein you may also keep your Barbaries both full and faire coloured.

68. Keeping of Pomegranats.

Make choice of such Pomgranats as are sound, and not prickt, as they terme it, lap them over thinly with waxe, hang them upon naileds, where they may touch nothing, in some cupboard or closet in your bed-chamber, where you keep a continuall fire, and every three or foure daies turne the under sides uppermost: and therefore you must so hang them in pack-threed, that they may have a bow-knot at either end. This way Pomegranats have beene fresh till Whitson tide.

69. Preserving of Artichokes.

Cut off the stalkes of your Artichokes within two inches of the Apple;

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Apple; and of all the rest of the stalkes make a strong decoction; slicing them into thin and smal pieces, and keepe them in this decoction: when you spend them, you must lay them first in warme water, and then in cold, to take away the bitterneffe of them. This of *M. Parsons*, that honest and painefull practicer in this profession.

In a milde and warm winter, about a moneth or three weekes before Christmas, I caused great store of Artichokes to be gathered with their stalkes in their full length as they grew: and, making first a good thick lay of Artichoke leaves in the botome of a great and large vessell, I placed my Artichokes one upon another, as close as I could couch them, covering them over a pretty thicknesse with Artichoke leaves: those Artichokes were served in at my Table all the Lent after, the apples being red and sound, onely the tops of the leaves a little vaded,

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vaded, which I did cut away.

70 Fruit preserved in pitch.

DWayberries, that do somewhat resemble black Cherries, called in Latine by the name of *Solanon lethale*, being dipped in molten pitch, being almost cold, and before it congeale and harden againe, and so hung up by their stalkes, will last a whole yeere. *Probat. per M. Parsons the Apothecarie.* Prove what other fruits will also be preserved in this manner.

71. To make Clove or Cinamon Sugar.

Lay pieces of Sugar in close boxes amongst stiekes of Cinamon, Cloves, &c. and in short time it will purchase both the taste and sent of the spice. *Probat. in Cloves.*

72. Hasell

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72. Hasell Nuts kept long.

A Man of great yeeres and experience assured me, that Nuts may be kept a long time with full kernels by burying them in earthen pots well stopt a foot or two in the ground: they keepe best in gravelly or sandie places. But these Nuts I am sure will yeeld no oyle as other Nuts will that we drie in the shell with long keeping.

73. Chestnuts kept all the year.

After the husks are drawn off, dippe your Nuts thinly over the bottom of the Oven, and by this meanes the moisture being dried up, the Nuts will last all the yeere: if at any time you perceiue them to rot, put them into your Oven again, as before.

B

SECRETS

SECRETS IN DISTILLATION.

1. *How to make true spirit of Wine.*



Take the finest paper
you can get, or else
some Virgin-parch-
ment; strain it very
right and stiffe over
the glasse body,
wherein you put your Sacke,
Malmſie, or Muscadine; oyle the pa-
per or Virgin-parchment with a pen-
cill, moistened in the oyle of Ben,
and distill it in Balneo with a gentle
fire, and by this means you shall pur-
chase onely the true spirit of Wine.
You shall not have above two or
three ounces at the most out of a
gallon of Wine, which ascendeth in
the

Secrets in Distillation.

the forme of a cloud, without any dew or veines in the helm: lute all the joynts well in this distillation. This spirit will vanish in the aire, if the glasse stand open.

2. *How to make the ordinary spirit of wines, that is sold for five shillings and a noble a pinte.*

Put Sack, Malmſie, or Muscadine into a glasse body, leaving one third or more of your glasse empty, set it in Balneo, or in a pan of ashes, keeping a soft and gentle fire: draw no longer then till all or most part will burne away, which you may prove now and then by setting a spoonfull thereof on fire with a paper, as it droppeth from the nose or pipe of the helm: & if your spirit thus drawn hath any phlegme therein, then rectifie or re-distil that spirit againe in a lesser body, or in a bolt receiver instead of another body, luting a small head on the top of the

Secrets in Distillation.

steale thereof, and so you shall have a very strong spirit: or else for more expedition, distill five or six gallons of wine by Limbeck; and that spirit which ascendeth afterward, re-distill in glasse, as before.

3. Spirit of Spices.

Distill with a gentle heat, either in Balneo; or ashes, the strong and sweet water, wherewith you have drawne oyle of Cloves, Maer, Nutmegs, Juniper, Rosemary, &c. after it hath stood one month close stopp'd, and so you shall purchase a most delicate spirit of each of the said aromatical bodies.

4. Spirit of wine, tasting of what Vegetables you please.

Macerate Rosemary, Sage, sweet Fennell-seeds, Marjoram, Limon, or Orange pils, &c.

in

Secrets in Distillations

in spirit of wine a day or two, and then distill it over again, unlessse you had rather have it in his proper colour: for so you shall have it upon the first infusion without any farther distillation: And some young Alchymists do hold these for the true spirits of Vegetables.

5. *How to make the water, which is usually called Balme-water.*

TO every gallon of Claret wine put one pound of greene balme. Keep that which cometh first, and is clearest, by it selfe: and the second and whiter sort, which is weakest & cometh last, by it selfe: distill in a pewter Limbeck luted with paste to a brasse pot. Draw this in May or June, when the herb is in his prime.

6. *Rosa-solis.*

TAke of the herb Rosa-solis, gathered in July, one gallon,

E 3

pick

Secrets in Distillation.

pick out all the black moats from the leaves; Dates, halfe a pound; Cinamon, Ginger, Cloves, of each one ounce; graines, halfe an ounce; fine Sugar, a pound and a halfe; red Rose-leaves green, or dryed, foure handfuls: steep all these in a gallon of good *Aqua composita*, in a glasse close stopped with waxe, during twenty dayes: shake it well together once every two dayes. Your Sugar must be powdred, your spices bruised onely, or grossely beaten; your Dates cut in long slices, the stones taken away. If you adde two or three graines of Amber-greece, and as much Muske in your glasse, among the rest of the ingredients, it will have a pleasant smell. Some adde the Gum Amber, with Corall and Pearle finely powdred, and fine leafe-gold. Some use to boile Ferdinando-buck in Rose-water, till they have purchased a faire deep crimson colour; and when the same is cold, they colour their Rosa-solis and

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and *Aqua Rubea* therewith.

7. Aqua Rubea.

TAke of Musk six grains; of Cinnamon and Ginger, of each one ounce; white Sugar-candie, one pound: powder the Sugar, and bruise the spices grossly: bind them up in a cleane linnen cloth, and put them to infuse in a gallon of *Aqua composita*, in a glasse close stopt twentie foure houres, shaking them together diuers times: then put thereto of Turnesole one dram: suffer it to stand one houre, and then shake altogether: then if the colour like you after it is settled, poure the clearest forth into another glasse: but if you will have it deeper coloured, suffer it to work longer upon the Turnesole.

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8. Doctor Steven's *Aqua*
composita.

Take a gallon of Calcein wine, of
Ginger, Galingale, Cinnamon,
Nutmegs and Graines, Annis-seeds,
Fennel-seeds, and Carroway-seeds, of
each a dram, of Sage, Mint, red Ro-
ses, Thyme, Pellitory, Rosemary, wild
Thyme, Camomil, Lavender, of each
a handfull: bray the spices small, and
bruise the herbs, letting them mace-
rate twelve houres, stirring it now &
then: then distill by a Limbeck of
pewter, keeping the first cleere water
that commeth, by it selfe, and so like-
wise the second. You shall draw
much about a pinte of the better sort
from every gallon of wine.

9. *Usque-bath, or Irish*
Aqua vite.

TO every gallon of good *Aqua*
composita, put two ounces of
chosen

Secrets to Diffusion.

chosen Liquorice bruised, and cut in-
to small pierces, but first cleansed
from all his filth, and two ounces of
Annis seeds that are clean and brui-
sed: let them macerate five or six
dayes in a wooden vessel, stopping
the fance close, and then draw off as
much as will run cleere, dissolving
in that cleere *Aqua vite* five or six
spoonfulls of the best Malassoes you
can get (Spanish Cure, if you can get
it, is thought better then Malassoes)
then put this into another vessel,
and after three or foure dayes (the
more the better) when the liquor
hath fined it selfe, you may use the
same: some adde Dates and Raisins
of the Sunne to this receipt; those
grounds which remaine you may re-
distill, and make more *Aqua composi-
ta* of them, and of that *Aqua composi-
ta* you may make more Ulique-bath.

Secrets in Distillation.

10. Cinamon-water.

HAVING a Copper bodie or Brasse pot that will hold twelve gallons, you may wel make two or three gallons of Cinamon-water at once. Put into your bodie over-night six gallons of conduit-water, and two gallons of spirit of wine, or, to save charge, two gallons of spirit drawn from wine lees, Ale, or low Wine, six pound of the best and largest Cinamon you can get, or else eight pound of the second sort well bruised, but not beaten into powder: late your Limbeck, and begin with a good fire of wood and coales, till the vessel begin to distill, then moderate your fire, so as your pipe may drop apace, and run trickling into the receiver, but blow not at any time. It helpeth much herein to keep the water in the bucket not too hot, by often

Secrets in Distillation.

ten change thereof: it must never be so hot, but that you may well endure your finger therein. Then divide into quart glasses the spirit which first ascendeth, and wherein you finde either no taste, or very small taste of the Cinamon; then may you boldly, after the spirit once beginneth to come strong of the Cinamon, draw untill you have gotten at the least a gallon in the Receiver, and then divide often by halfe pintes, and quarters of pintes, lest you draw too long: which you shall know by the faint taste and milkie colour, which distilleth to the end: this you must now and then taste in a spoone. Now when you have drawne so much as you finde good, you may adde thereunto so much of your spirit that came before your Cinamon-water, as the same will well beare, which you must finde by your taste. But if your spirit and your Cinamon be both good, you may of the
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Secrets in Distillation.

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aforesaid

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aforesaid proportion will make up two gallons, or two gallons and a quart of good Cinamon-water. Here note, that it is not amisse to observe which glasse was first filled with the Spirit that ascended, and so of the second, third, and fourth: and when you mixe, begin with the last glasse first, and so with the next, because those have more taste of the Cinamon then that which came first; and therefore more fit to bee mixed with your Cinamon-water. And if you meane to make but eight or nine pintes at once, then begin but with the halfe of this proportion. Also that spirit which remaineth unmix-ed, doth serve to make Cinamon-water the second time. This way I have often proved, and found most excellent. Take heed that your Limbeck be cleane, and have no manner of sent in it, but of Wine or Cinamon; and so likewise of the glasses, funnels, and pots which you shall use about this work.

II. How

Secrets in Distillation.

11. How to distill Isop, Thyme, Lavender, Rosemary, &c: after a new and excellent manner.

HAVING a large pot, containing twelve or fourteen gallons, with a Limbeck to it, or else a copper bodie, with a serpentine of twenty, or twentie foure gallons, and a copper head, being such a vessell as is commonly used in the drawing of *Aqua vite*, fill two parts thereof with faire water, and one other third part with such herbs as you would distill; the herbs being either moist or drie, skillesh not greatly whether: let the herbs macerate all night, and in the morning begin your fire; then distill as before in Cinamon-water, being carefull to give change of waters to your colour alwayes as it needeth: draw no longer then you feele a strong and sensible taste of the

Secrets in Distillation.

the herb which you distill, alwayes dividing the stronger from the weaker, and by this means you shall purchase a water far excellling any that is drawn by a common pewter Still: you may also gather the oyle of each herb, which you shall finde fleeting on the top or summity of your water. This course agreeth best with such herbs as are not in taste, and will yeeld their oyle by distillation.

12. How to make the salt of Herbs.

Burne whole bundles of dried Rosemary, Sage, Isop, &c. in a cleane Oven, and when you have gathered good store of the ashes of the herb, infuse warme water upon them, making a strong and sharp Lee of those ashes, then evaporate that Lee, and the residue or settling which you finde in the bottom thereof, is the salt which you seek for. Some use to filter this Lee
divers

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divers times before evaporation, that
the salt may bee the cleerer and
more transparent. This salt accord-
ing to the nature of the herb, hath
great effect in physick.

13. Spirit of Hony.

Put one part of Hony to five parts
of water: when the water boileth,
dissolve your Hony therein, scum it,
and having sodden an houre or two,
put it into a wooden vessell, and
when it is but bloud-warm, set it on
work with yeast after the usual man-
ner of Beere and Ale: run it, and
when it hath lien some time, it will
yeeld his spirit by distillation, as
Wine, Beere, and Ale will do.

*14. To distill Rose-water at Michael-
mas, and to have as good yeeld
as at any other time of
the yeere.*

IN the pulling of your Roses, first
divide all the blasted leaves; then
take

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take the other fresh leaves, and lay them abroad upon your table or windowes, with some cleane linnen under them, let them lye three or foure houres, or if they bee dewy, untill the dew be fully vanished: put these Rose-leaves in great stone potts, having narrow mouthes, and well leaded within, (such as the Gold-finers call their hookes, and serve to receive their *Aqua fortis*, bee the best of all others that I know) and when they are well filled, stop their mouthes with good cokes, either covered all over with waxe or smolten brimstone, and then set your pot in some coole place, and they will keepe a long time good, and you may distill them at your best leisure. This way you may distill Rose-water good cheape. If you buy store of Roses, when you finde a glut of them in the Market, whereby they are sold for seven pence or eight pence the bushell, you then engrosse

Secrets in Distillation.

engrosse the flower. And some hold opinion, that if in the midst of these leaves you put some broken leaven, and after fill up the pot with Rose-leaves to the top, that so in your distillation of them you shall have a perfect Rose-vinegar, without the addition of any common vinegar. I have knowne Rose-leaves kept well in Rondlets that have been first well seasoned with some hot liquor and Rose-leaves boiled together, and the same pitched over on the one side, so as no aire might penetrate or peirce the vessell.

rs. A speedie distillation of Rose-water.

STamp the leaves, and first distill the juice, being expressed, and after distill the leayes, and so you shall dispatch more with one Still, then others do with three or foure

Secrets in Distillation,

four Stils. And this water is every way as medicinable as the other, serving in all sirups, decoctions, &c. sufficiently, but not altogether so pleasing in smell.

16. *How to distill wine-vinegar, or good Aligar, that may be both cleere and sharp.*

I Know it is an usuall manner among the Novices of our time, to put a quart or two of good Vinegar into an ordinary leaden Still, and so to distill it as they do all other waters. But this way I utterly dislike, both for that here is no separation made at all, and also because I feare, that the Vinegar doth carry an ill touch with it, either from the leaden bottome, or pewter head, or both. And therefore I could wish rather, that the same were distilled in a large bodie of glasse, with a head or receiver, the same being placed in sand or ashes.

Note,

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Note, that the best part of the Vinegar is the middle part that ariseth; for the first is faint & phlegmatick; and the last will taste of adustion, because it groweth heaue toward the latter end, and must be urged up with a great fire: and therefore you must now and then taste of that which commeth both in the beginning, and towards the latter end, that you may receive the best by it selfe.

17. *How to draw the true spirit of
Roses, and so of all other herbs
and flowers.*

Macerate the Rose in his owne juice, adding thereto, being temperately warme, a convenient proportion either of yeast or ferment: leave them a few dayes in fermentation, till they have gotten a strong and heady smell, beginning to incline toward Vinegar: then distill them in Balneo in glasse-bodies luted to their helmes (happely a Limbeck

Secretis Distillation.

beck will do better, and rid faster) and draw so long as you finde any sent of the Rose to come: then re-distill or rectifie the same so often till you have purchased a perfect spirit of the Rose. You may also ferment the juice of Roses only, and after distill the same.

An excellent Rose-water.

UPon the top of your glasse body, straine a haffe cloth, and upon that lay good store of Rose-leaves, either drie, or halfe drie; and so your water will ascend very good both in smell and in colour. Distill either in Balneo, or in a gentle fire in ahes: you may re-iterate the same water upon fresh leaves. This may also be done in a leaden Still; over which, by reason of the breadth, you may place more leaves.

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19. *An excellent way to make the extract of all Vegetables;*

EXpresse a good quantity of the juice thereof, set it on the fire, and give it only a waime or two, then it will grow cleere: before it be cooled poure away the cleered filter with a peece of cotton, and then evaporate your filtered juice, till it come to a thick substance: and thus you shall have a most excellent extract of the Rose, Gilliflower, &c. with the perfect sent and taste of the flowers; whereas the common way is to make the extract either by the spirit of wine, faire water, the water of the plant, or some kinde of menstruum.

20. *To make a water swelling of the Eglantine, Gilliflowers, &c.*

DRy the herb or flower, and distill the same in faire water.

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in a Limbeck, draw no longer then you finde sent in the water that issueth, re-iterate that water upon fresh herbs, and distill as before, dividing the sweetest from the rest.

21. A Scottish hand-water.

Put Thyme, Lavender, & Rosemary confusedly together, then make a lay of thick wine Lees in the bottom of a stone pot, upon which make another lay of the said herbs, & then a lay of Lees, and so forward: late the pot well, bury it in the ground for six weeks, distill it, & it is called Dames-water in Scotland. A little thereof put into a bason of common water, maketh very sweet washing water.

22. How to draw the bloud of herbs.

STamp the herb, put the same into a large glasse, leaving two parts empty (some commend the juice of the herb only) nip or else late the
glasse

Secrets in Distillation.

glasse very well : digest it in Balneo
15. or 16. daies, and you shall find the
same very red : divide the watrish
part ; and that which remaineth , is
the bloud or essence of the herb.

23. *Rose-water, and yet the Rose-
leaves not discoloured.*

YOU must distill in Balneo, and
when the bottom of your pewter
Still is thorow hot, put in a few
leaves at once, and distill them :
watch your Still carefully ; and as
soone as those are distilled, put in
more. I know not whether your pro-
fit will requite your labour, yet ac-
cept of it as a new conclusion.

24. *How to recover Rose-water, or
any other distilled water that hath
gotten a mother, and is in
danger to be mustie.*

INfuse your water upon fresh Rose-
leaves, or upon Rose-cakes broken
all

Secrets in Distillation.

all in peeces, and then, after maceration for three or foure houres with a gentle fire, re-distill your water. Do this in a Limbeck: take heed of drawing too long for burning, unlessse your Limbeck stand in Balneo.

25. *To draw both good Rose-water, and oyle of Roses together.*

After you have digested your Rose-leaves by the space of three months, *scilicet* untill the 13. either in barrels or hoppers, then distill them with faire water in a Limbeck: draw so long as you can find any excellent smell of the Rose: then divide the same oyle that steecheth on the top of the Rose-water, and so you have both excellent oyle of Roses, and also good Rose-water together, and you shall also have more water then by the ordinary way

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way: and this Rose-water extendeth farther in physical compositions, and the other serveth best for perfumes and casting bottles. You may also distill the Oyle of *Lignum-Rhodum* this way, saving that you shall not need to macerate the same above foure and twenty houres in your water, or menstruum before you distill:

this Oyle hath a most pleasing

smell, in a manner e-

quall with the

Oyle of

Roses.

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COOKERY AND HUSWIFERY.

I. To souse a young Pigge.



Take a young Pigge,
being scalded:boile
it in faire water and
white wine: put
thereto some Bay-
leaves, some whole
Ginger, some Nutmegs quartered,
and a few whole Cloves:boile it tho-
rowly, and leave it in the same broth
in an earthen pot.

2. Aliter.

Take a Pig, being scalded; collar
him up like Brawn, and lay your
collars in faire clothes: when the
flesh is boiled tender, take it out, and
put

Cookery and Huswifery.

put it in cold water and salt, and that will make the skin white: make sowing drink for it, with a quart of white wine, and a pottle of the same broth.

13. To boile a Flounder or Pickrell of the French fashion.

TAKE a pinte of white wine, the tops of young Thyme and Rosemary, a little whole Mace, a little whole Pepper, seasoned with Verjuice, Salt, and a peece of sweet Butter, and so serve it: this broth will serve to boile fish twice or thrice in.

4. To boile Sparrows or Larkes.

TAKE two ladles full of Mutton broth, a little whole Mace: put into it a peece of sweet Butter, a handfull of Parsley, being picked: season it with Sugar, Verjuice, and a little Pepper.

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5. To boile a Capon in white Broth.

Boile your Capon by it selfe in faire water : then take a ladle full or two of Mutton broth, and a little white wine, a little whole Mace, a bundle of sweet herbs, a little Marrow: thicken it with Almonds, season it with Sugar and a little verjuice : boile a few Currans by themselves, and a date quartered, lest you discolour your broth, and put it on the breast of your Capon, Chicken, or Rabbet : if you have no Almonds, thicken it with cream, or with yolkes of Egges, garnish your dishes on the sides with a Limon sliced, and Sugar.

6. To boile a Mallard, Teale, or Wygen.

TAke Mutton-broth, and put it into a pipkin : put into the belly

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belly of the Fowle a few sweet herbs,
and a little Mace: stick half a dozen
of Cloves in his breast: thicken it
with a roste of bread steeped in Ver-
juice: season it with a little Pepper,
and a little Sugar; also one Onion
minced small is very good in the
broth of any water-Fowle.

7. To boile à legge of Mutton after the French fashion.

TAKE all the flesh out of your leg
of Mutton, or at the But end,
preserving the skinn whole, and
mince it small with Oxe-suet and
marrow: then take grated bread,
sweet Creame, and yolkes of Egges,
and a few sweet herbs: put unto it
Currans and Rasins of the Sunne:
season it with Nutmegs, Mace, Pep-
per, and a little Sugar, and so put it
into the leg of Mutton again, where
you took it out, and stew it in a pot
with a marrow-bone or two: serve

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in the Marrow-bones with the stewed broth and fruit, and serve in your Legge of Mutton dry with Carret roots sliced, and cast grosse Pepper upon the roots.

8. To boile Pigs-petticoes on the French fashion.

BOile them and slice them, being first rouled in a little batter, your batter being made with the yolke of an Egge, two spoonfuls of sweet cream, and one spoonfull of flower: make sawce for it with Nutmeg, Vinegar, and Sugar.

9. To boile Pigtons with Rice.

BOile them in Mutton-broth, putting sweet herbs in their bellies: then take a little Rice, and boile it in Cream, with a little whole Mace: season it with Sugar, lay it thick on their breasts, wringing also the juice
of

Cookery and Huswifery

13. To make tender and delicate Brawn.

Put collars of Brawn in kettles of water, or other apt vessels, into an Oven, heated as you would for household bread: cover the vessels, and so leave them as long in the Oven, as you would do a batch of bread. A late experience amongst Gentlewomen, far excelling the old manner of boiling Brawn in great and huge kettles, *Quere*, if (putting your liquor hot into the vessels, and the Brawn a little boiled first) by this meanes you shall not give great expedition to your work.

14. Paffe made of Fish.

Incorporate the bodie of sale fish, Stock fish, Ling, or any fresh fish that is not full of bones, with crums of bread, flower, lingsallie, &c.

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and

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and with proper spices agreeing with the nature of every severall fish; and of that paste, mould off the shapes and formes of little fishes; as, of the Roch, Dace, Perch, &c. and so by Art you may make many little fishes out of one great and naturall fish.

15. *How to barrell up Oysters so as they shall last for six moneths sweet and good, and in their naturall taste.*

OPen your Oysters: take the li-
quot of them, and mix a reason-
able proportion of the best white
wine Vinegar you can get, a little
Salt, and some Pepper: barrell the
fish up in small caskes, covering all
the Oysters in this pickle, and they
will last a long time. This is an ex-
cellent means to convey Oysters
unto dry townes, or to carry them
in long voyages.

16. *How*

Cookery and Huswifery

16. *How to keep fresh Salmon a whole
moneth in his perfect taste, and
Delicacy.*

First see the your Salmon according to the usuall manner: then sink it in apt and close vessels in wine Vinegar, with a branch of Rose-mary therein. By this meanes, Vintners and Cookes may make profit thereof when it is scarce in the Markets: and Salmon, thus prepared, may be profitably brought out of Ireland, and sold in London, or else-where.

17. *Fish kept long, and yet to eat
short and delicatley.*

Pry your fish in oyle: some commend rape oyle; & some the sweetest Civill oyle that you can get: for the fish wil not taste at al of the oile,
because

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because it hath a watrish body, and
boyle and water make no true unitie:
then put your fish in white wine vi-
negar, and so you may keep it for
the use of your table any reasonable
time.

18. *How to keep roasted Beefe
a long time sweet and
wholsome.*

THis is also done in Wine-vinegar,
your peeces being not over great
and well and close barrellled up.
This secret was fully proved in that
honourable voyage unto Cales.

19. *How to keep powdered Beefe
five or six weeks after it
is sodden, without
any charge.*

When your Beefe hath beene well
and thoroughly powdered by
ten or twelve daies space, then see the
it thoroughly, dric it with a cloth,
and

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and wrap it in drie clothes, placing the same in close vessels and cupboards, and it will keep sweet and sound two or three moneths, as I am credibly informed from the experience of a kind and loving friend.

20. *A conceipt of the Authors, how Beefe may bee carried at the Sea without that strong and violent impression of salt, which is usually purchased by long and extreme powdering.*

Here, with the good leave and favour of those courteous Gentlewomen, for whom I did principally, if not onely, intend this little Treatise; I will make bold to lanch a little from the shoare, and try what may bee done in the vast and wide Ocean, and in long and dangerous voyages, for the better preservation of such usuall victuals, as for want of this skill
do

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do oftentimes meerly perish, or else by the extreme piercing of the Salt, do lose even their nutritive strength and vertue: and if any future experience do happen to controul my present conceipt, let this excuse a Scholar, *quod in magnis est voluisse satis*. But now to our purpose: Let all the bloud be first well gotten out of the Beefe, by leaving the same some nine or ten dayes in our usuall brine: then barrell up all the pieces in vessels full of holes, fastening them with ropes at the sterne of the ship, and so dragging them thorow the salt sea water (which by his infinite change and succession of waters will suffer no putrefaction, as I suppose:) you may happely finde your Beef both sweet and savory enough, when you come to spend the same. And if this happen to fall out true upon some tryall thereof had, then either at my next impression, or when I shall be urged thereunto upon any necessity of service, I hope

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to discover the means also whereby every ship may carry sufficient store of victuall for her selfe in more close and convenient carrriages then those loose vessels are able to performe. But if I may be allowed to carry either roasted or foddren flesh to the sea, then I dare adventure my poore credit therein, to preserve, for six whole moneths together, either Beef, Mutton, Capons, Rabbits, &c. both in a cheap manner, and as fresh as we do now usually eat them at our tables. And this I hold to be a most singular and necessary Secret for all our English Navie, which at all times, upon reasonable termes, I will bee ready to disclose for the good of my countrey.

21. *How*

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21. *How to make sundry sorts of most dainty Butter, having a lively taste of Sage, Cinamon, Nutmegs, Mace, &c.*

THis is done by mixing a few drops of the extracted Oile of Sage, Cinamon, Nutmegs, Mace, &c. in the making up of your Butter; for Oyle and Butter will incorporate and agree very kindly and naturally together. And how to make the said oyles, with all necessary vessels, instruments, and other circumstances, by a most plain and familiar description, see my Jewell house of Art and Nature, under the title of Distillation.

22. *How to make a larger and daintier Cheese of the same proportion of milk then is commonly used or knowne by any of our best Dairy-women at this day.*

HAVING brought your milke into Curds by ordinary rennet, either break

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breake them with your hands, according to the usuall manner of other Cheeses, and after, with a straining dish, take away as much of the Whey as you can; or else put the Curds, without breaking into your moat: let them so repose one houre, or two, or three; and then, to a Cheese of two gallons of milke, adde a weight of ten or twelve pound: which weight must rest upon a cover that is fit with the moat or case, wherein it must truly descend by degrees as you increase your weight, or as the Curds do sinke and settle. Let your Curds remaine so all that day and night following, untill the next morning: and then turne your Cheese or Curds, and place your weight againe thereon, adding from time to time, some more weight, as you shall see cause. Note, that you must lay a cloth both under and over your Curds at the least, if you will
not

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not wrap them all over, as they do in other Cheeses, changing your cloth at every turning. Also if you will worke in any ordinary moat, you must place a round and broad hoope upon the moat, being just of the selfe same bignesse or circumference, or else you shall make a very thinne Cheese. Turne these Cheeses every morning and evening, or as often as you shall see cause, till the Whey bee all run out; and then proceed as in ordinary Cheeses. Note, that these moates would bee full of holes, both in the sides and bottome, that the Whey may have the speedier passage. You may also make them in square boxes full of holes, or else you may devise moates or cases, either round or square of fine wicker; which, having wicker covers, may by some sleight bee so stayed, as that you shall need onely morning and evening to
turne

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turne the wrong side upward, both the bottomes being made loose, and so close and fitting, as they may sinke truely within the moat or mould, by reason of the weight that lyeth thereon. Note, that in other Cheeses the cover of the moat shutteth over the moat: but in these the covers descend and fall within the moats. Also your ordinary Cheeses are more spongiouse and full of eyes then these, by reason of the violent pressing of them; whereas these Cheeses setting gently and by degrees, do cut as close and as firme as Marmelade. Also in those Cheeses which are pressed out after the usuall manner, the Whey that commeth from them, if it stand a while, will carry a Creame upon it, whereby the Cheese must of necessity be much lesse, and (as I ghesse) by a fourth part: whereas the Whey that commeth from these new kinde of Cheeses

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Cheeses is like faire water in colour, and carrieth no strength with it. Note also, that if you put in your Curds unbroken, not taking away the Whey that issueth in the breaking of them, that so the cheeses will yett bee so much the greater: but that is the more troublesome way, because the Curds, being tender, will hardly endure the turning, unlesse you bee very careful. I suppose, that the Angelores in France may bee made in this manner in small baskets, and so likewise of the Parmeesan: and if your whole Cheeses consist of unflattened milke, they will bee full of butter, and eat most daintily, being taken in their time, before they be too drie: for which purpose you may keepe them, when they begin to grow drie, upon greene Rushes or Nettles. I have robbed my wifes Dairy of this secret, who hath hitherto refused all recompences that have beene offered her

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her by Gentlewomen for the same, and had I loved a Cheefe my selfe so well as I like the receipt, I think I should not so easily have imparted the same at this time. And yet I must needs confesse, that for the better gracing of the Title, wherewith I have fronted this Pamphlet, I have bin willing to publish this with some other secrets of worth, for the which I have many times refused good store both of crownes and angels. And therefore let no Gentlewoman think this Book too deare, at what price soever it shall bee valued upon the sale thereof: neither can I esteeme the work to be of lesse then twentie yeeres gathering.

23. Clouted Creame.

TAke your Milke, being new milked, and presently set it upon the fire from morning untill the evening,

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evening, but let it not see the : and this is called my Lady Young's clowted Creame.

24. Flesh kept sweet in Summer.

YOU may keep Veale, Mutton, or Venison in the heat of Summer nine or ten dayes good, so as it bee newly and fair killed, by hanging the same in an high and windy roome. (And therefore a plate cupboard full of holes, so as the wind may have a thorow passage, would be placed in such a room, to avoid the offence of Fly-blowes.) This is an approved secret, easie and cheap, and very necessary to bee knowne and practised in hot and tainting weather. Veale may be kept ten dayes in bran.

25. Mustard-Meale.

[T is usuall in Venice to sell the meale of Mustard in their Markets, as

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as wee do flower and meale in England: this meale, by the addition of Vinegar, in two or three dayes becommeth exceeding good Mustard; but it would bee much stronger and finer, if the husks and huls were first divided by searce or boulder; which may easily be done, if you drie your seeds against the fire before you grind them. The Dutch iron hand-mills, or any ordinary Pepper-mill, may serve for this purpose. I thought it very necessary to publish this manner of making your sawce, because our Mustard, which we buy from the Chandelers at this day, is many times made up with vile and filthy Vinegar, such as our stomacks would abhorre, if we should see it before the mixing thereof with the seeds.

26. How to avoid smok in broyling of Bacon, Carbonado, &c.

Make little dripping-pans of paper, pasting up the corners with
Starch

Cookery and Huswifery.

starch or paste : wet them a litle in water (but Pope *Pius Quintus* his Cooke will have them touched over with a feather first dipped in oyle or molten butter :) lay them on your grid-iron, and place therein your slices of Bacon, turning them as you see cause. This is a cleanly way, and avoideth all smoak. In the same manner you may also broile thin slices of Polonian Sawfedges, or great Oysters : for so were the Popes Oysters dressed. You must be carefull, that your fire under the Grid-iron flame not, lest you happen to burne your Dripping-pans : and therefore all cold-brands are here secluded.

27. The true bottling of Beere.

When your Beere is ten or twelve dayes old, whereby it is growne reasonable cleere, then

Cankery and Mustifery.

then bottle it, making your cokes very fit for the bottles, and stop them close: but drink not of this beere, till they begin to work again, and mantle, and then you shall find the same most excellent and spritely drink: and this is the reason why bottle-ale is both so windy and muddy, thundering and smoaking upon the opening of the bottle, because it is commonly bottled the same day that it is laid into the cellar; whereby its yeast, being an exceeding windy substance, being also drawn with the ale not yet fined, doth incorporate with the drink, and maketh it also very windy: and this is all the Lime and Gun-powder wherewith bottle-ale hath bene a long time so wrongfully charged.

How to help your bottles when they are musty.

Some put them in an Oven when the bread is newly drawn, closing
G up

Cookery and Huswifery.

up the Oven, and so let them rest till morning. Others content themselves with scalding them in hot liquor only till they be sweet.

29. How to break whites of Egges speedily.

A Fig or two shred in pieces, and then beaten amongst the whites of Egges, will bring them into an oyle speedily: some break them with a stubbed rod; and some, by wringing them often thorow a sponge.

30. How to keep flies from oyle peeces.

A Line limed over, and strained about the crest of oyle-peece or pictures, will catch the Flyes, that would otherwise deface the pictures. But this Italian conceipt, both for the rarenesse and use thereof, doth please

Cookery and Huswifery.

please me above all other, viz. Prick a cucumber full of barley-cornes, with the small spiring ends outward: make little holes in the cucumber first with a wooden or bone bodkin, and after put in the grain: these, being thick placed, will in time cover all the cucumber, so as no man can discern what strange plant the same should be. Such cucumbers are to be hung up in the midst of Summer roomes, to draw all the Flees unto them, which otherwise would flye upon the pictures or hangings.

31. *To keep Lobsters, Crabfishes, &c.
sweet and good for some
few dayes.*

THese kinds of fish are noted to be of no durability or lasting in warme weather: yet to prolong their dayes a little, though I feare I shall raise the price of them

Cookery and Huswifery.

them by the discovery amongst the Fishmongers (who only in respect of their speedy decay, do now and then afford a penny worth in them) if you wrap them in sweet and course rags first moistned in brine, and then bury these clothes in Callis sand, that is also kept in some coole or moist place: I know by mine owne experience, that you shall find your labour well bestowed, and the rather, if you lay them in severall clothes, so as one do not touch the other.

32. Divers excellent kinds of Bottle-ale.

I Cannot remember, that ever I did drinke the like Sage-ale at any time, as that which is made by mingling two or three drops of the extracted Oyle of Sage with a quart of Ale, the same being well brewed out of one pot into another:

Cochery and Iduswifery.

ther: and this way a whole Stand of Sage-ale is very speedily made. The like is to bee done with oyle of Mace or Nutmegs. But if you will make a right Collops cup, that shall farre exceed all the Ale that ever mother *Bunch* made in her life time, then in the bottling up of your best Ale, tun halfe a pint of white Ipo- crasse that is newly made, and after the best receipt, with a pottle of Ale: stop your bottle close, and drinke it when it is stale. Some commend the hanging of roasted Orenge prickt full of Gloves in the vessell of Ale, till you find the taste thereof sufficiently graced to your owne liking.

33. *How to make worme-wood wine
very speedily, and in great
quantity.*

Take small Rochell or Coniack wine, put a few drops of the

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extra-

Cookery and Huswifery.

extracted oyle of worm-wood therein : brew it together (as before is set down in bottle ale) out of one pot into another , and you shall have a more neat and wholsome wine for your body then that which is sold at the Still-yard for right wormwood-wine.

34. Rose-water and Rose-vinegar of the colour of the Rose, and of the Consistency, and Violet-vinegar.

[F you would make your Rose-water and Rose-vinegar of a Ruby colour , then make choice of the crimfin-velvet coloured leaves, clipping away the whites with a paire of sheeres ; and being thorow dryed, put a good large handfull of them into a pint of Damaske or red Rose-water : stop your glasse well, and set it in the Sun till you see that the leaves have lost their colour : or, for more expedition you may performe this work in balneo in a few houres, and

Cookery and Huswifery.

and when you take out the old leaves, you may put in fresh, till you find the colour to please you. Keep this Rose-water in glasses very well stopt; the fuller the better. What I have said of Rose-water, the same may also be intended of Rose-vinegar, Violet, Marigold, and Cowslip-vinegar; but the whiter vinegar you chuse for this purpose, the colour thereof will bee the brighter: and therefore distilled vinegar is best for this purpose, so as the same be warily distilled with a true division of parts, according to the manner expressed in this book in the distillation of Vinegar.

35. *To keep the juice of Orenge and Limons all the yeere for sauce, Ju-
leps, and other purposes.*

EXpresse their juice, and passe it thorow an lpoerasse bagge, to clarifie it from its impurities.

Cookery and Huswifery.

then fill your glasse almost to the top; cover it closely, and let it stand so till it have done boiling: then fill up your glasse with good fatlet oyle, and set it in a coole closet or buttery, where no Sun commeth: the aptest glasses for this purpose, are straight upright ones, like to our long beere glasses, which would be made with little round holes within two inches of the bottom, to receive apt sawcers: and so the grounds or lees would settle to the bottom, and the oyle would sinke downe with the juice so closely, that all putrefaction would bee avoided: or, in stead of holes if there were glasse pipes, it were the better and readier way, because you shall hardly fasten a sawcer well in the hole. You may also in this manner reserve many juices of herbs and flowers.

And because that profit and skill united do grace each other, if (courteous Ladies) you will lend eares, and follow my direction, I will here furnish

Cookery and Huswifery.

furnish a great number of you (I would I could furnish you all) with the juice of the best Civill Oranges at an easie price. About All-hollantide, or soone after, you may buy the inward pulp of Civill Oranges, wherein the juice resteth, of the Comfit-makers for a small matter, who do only and principally respect their rinds, to preserve and make Oringeadoes withall: this juice you may prepare and reserve as before.

36. *How to purifie and give an excellent smell and taste unto Sallet-oyle.*

Put Sallet-oyle into a vessell of wood or earth, having a hole in the bottom: to every foure quarts of water, adde one quart of oyle, and with a wooden spoone or spattles, beat them well together for a quar-

Cookery and Huswifery.

ter of an houre; then let out the water, preventing the oyle from issuing, by stopping of the hole: repeat this worke two or three times, and at the last you shall finde your oyle well cleansed or clarified. In this manner you may also clarifie capongrease, being first melted, and working with warme water. All this is borrowed of *M. Bartholmaus Scapins*, the Master Cooke of Pope *Pius Quintus* his privie Kitchen. I think if the last agitation were made in Rose-water, wherein also Cloves or Nutmegs had beene macerated, that so the oyle would bee yet more pleasing.

Or if you set a Jarre-glasse in balneo, full of sweet oyle, with some store of bruised Cloves, and rinds of Civill Orenge or Limons also therein, and so continue your fire for two or three houres, and then letting the Cloves and rinds remaine in the oyle, till both the sence and taste do please you; I think ma-

ny

Cookery and Huswifery,

ny men, which at this day do loath
oyle (as I my self did not long since)
would be easily drawne to a suffici-
ent likeing thereof.

37. *How to clarifie without any distil-
lation, both white and claret
wine-vinegar for gellies
or sauces.*

TO every six pints of good wine-
vinegar, put the whites of two
new laid Egges well beaten; then
put all into a new leaden pipkin,
and cause the same to boile a little
over a gentle fire; then let it run
thorow a course gelly-bagge twice
or thrice, and it will be very cleere,
and keep good one whole yeere.

38. *To make a most delicate white
salt for the Table.*

First, calcine or burne your white
salt: then dissolve it in cleer conduit
water:

Cookery and Husnery.

water: let the water stand without stirring, fortie eight houres: then carefully draw away all the cleere water onely: filter it, and after evaporate the filtered liquor, reserving the Salt. Some leave out calcination.

39. A delicate candle for a Ladies Table.

Cause your Dutch Candles to be dipped in Virgin-wax, so as their last coat may be meere wax: and by this meanes you may carry them in your hand without melting, and the sent of the tallow will not breake thorow to give offence: but if you would have them to resemble yellow wax-candles, then first let the tallow be coloured with Turmerick boiled therein, and strained.: and after your candles have beene dipped therein to a sufficient greatnesse, let them take their last coat

Cookery and Huswifery.

coat from yellow wax: this may bee done in a great round Cane of tinplate, having a bottome, and being somewhat deeper then the length of your candles: and as the wax spendeth, you may still supply it with more.

40. How to hang your Candles in the ayre without candlestickes.

THis will make a strange shew to the beholders that know not the conceit. It is done in this manner: Let a fine Virginall wyar be conveyed in the midst of every weeke, and left of some length above the candle, to fasten the same to the posts in the roofe of your house: and if the roome be anything high roofed, it will bee hardly discerned, and the flame, though it consume the tallow, yet it will not melt the wyar.

41. Rose

Cookery and Huswifery.

41. To make Rose-vinegar.

Macerate or steep Rose-leaves
in faire water : let them lye
therein till they wexe sowre in
smell, and then distill
the water.

SWEET

SWEET
POVVDERS
OYNTMENTS,
BEAVTIES,&c.

1. *An excellent Damask-powder.*



On may take of yreos
halfe a pound, Rose-
leaves foure ounces,
Cloves one ounce, Lig-
num Rhodium two
ounces, Storax one ounce and a half,
Muske and Civet of each ten grains;
beat and incorporate them well to-
gether.

2. *An excellent hand-water, or wa-
shing water, very cheap.*

TAke a gallon of faire water, one
handfull of Lavender-flowers,
a few Cloves, and some Orace-
powder,

Sweet Powders,

powder, and foure ounces of Benjamin: distill the water in an ordinary leaden Still. You may distill a second water by a new infusion of water upon the Lees; a little of this will sweeten a bason of faire water for your Table.

3. A ball to take stains from Linnen.

Take foure ounces of white hard Soape: beat it in a mortar with two small Limons sliced, and as much rock Allome as an hassell Nut: roule it up in a ball: rub the staine therewith; and after, fetch it out with warme water, if need be.

4. A sweet and delicate Pomander.

Take two ounces of Labdanum;
of Benjamin and Storax, one
ounce: Muske, six grains; Civet, six
grains:

Oyntments, Bennes, &c.

grains: Amber greese, six grains: of Calamus Aromaticus and Lignum Aloes, of each the weight of a groat: beat all these in a hot mortar, and with an hot pestell, till they come to paste: then wet your hand with Rose-water, and roule up the paste suddenly.

6. *To take staines out of ones hands presently.*

YOU may do this with the iuice of Sorrell, washing the stained place therein.

6. *To take away spots and freckles from the face or hands.*

THe sappe that issueth out of a Birch tree in great abundance, being opened in March or Aprill, with a receiver of glasse set under the boring thereof to receive the same, doth performe the same most excel-

Sweet Powders,

excellently, and maketh the skin very cleere. This sap will dissolve pearle, a secret not knowne unto many.

*7. A white fucus or beauty
for the face.*

THe jaw-bones of a Hog or Sow well burnt, beaten, and searced thorow a fine Searce, and after, ground upon a porphyrie or serpentine stone, is an excellent fucus, being laid on with the oyle of white Poppy.

*8. A delicate washing
ball.*

TAKE three ounces of Orace, halfe an ounce of Cypresse, two ounces of Calamus Aromaticus, one ounce of Rose-leaves, two ounces of Lavender-flowers: beat all these together in a mortar, searcing them thorow a fine Searce: then scrape some
castill-

Oyntments, Beauties, &c.

castill-soape, and dissolve it with some Rose-water; then incorporate all your powders therewith, by labouring of them well in a mortar.

9. Damaske-powder.

TAKE five ounces of Orace, two ounces of Cypresse, two ounces of Calamus, half an ounce of Cloves, once ounce of Benjamin, one ounce of Rose-leaves, one ounce of Storax calamitum, halfe an ounce of Spike-flowers: mix them well together.

10. To keep the teeh both white and sound.

OF Honey take a quart, as much Vinegar, and halfe so much white wine: boile them together, and wash your teeth therewith now and then.

11. To

Sweet Powder.

*11. To allay heat, and cleere
the face.*

TAKE three pints of conduit-water: boile therein two ounces of French Barley: change your water, and put in the Barley again: repeat this so long, till your water purchase no colour from the Barley, but become very cleere: boile the last three pints to a quart: then mixe halfe a pint of white wine therein; and when it is cold, wring the juice of two or three good Limons therein; and use the same for the Morpew, heat of the face or hands, and to cleere the skin.

*12. Skin kept white and
cleere.*

WASH the face and bodie of a suckling childe with beaſt-milke, or Cow-milke, or mixed with water,

Oyntments, Beauties, &c.

water, every night: and the child's skin will waxe faire and cleere, and resist Sun-burning.

13. *An excellent Pomatum to cleere the skinne.*

WASH Barrowes grease oftentimes in May-deaw that hath beene clarified in the Sun, till it be exceeding white: then take Marsh-mallow roots, scraping off the outsides: then make thinne slices of them, and mixe them: set them to macerate in a seething Balneo, and scum it well till it be thoroughly clarified, and will come to rope: then strain it, and put now and then a spoonfull of May-deaw therein, beating it till it be thorow cold in often change of May-deaw: then throw away that deaw, and put it in a glasse, covering it with May-deaw: and so reserve it to your use. Let the Mallow roots be two or three dayes dried.

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dryed in the shade before you use them. This I had of a great professor of Art, and for a rare and dainty Secret, as the best fucus this day in use.

*14. Another minerall fucus
for the face.*

[Incorporate with a wooden pestle, and in a wooden mortar with great labour, foure ounces of sublimate, and one ounce of crude Mercury, at the least six or eight houres (you cannot bestow too much labour herein:) then, with often change of cold water, by ablution in a glasse, take away the salts from the sublimate: change your water twice every day at the least; and in seven or eight dayes (the more the better) it will be dulcified; and then it is prepared. Lay it on with thy oyle of white Poppy.

15. To

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15. *To take away Chilblaines out
of the hands or feet.*

BOile halfe a peck of Oates in a
Quart of water, till they wax dry;
then having first anointed your hands
with some good Pomatum, and well
chafed them, hold them within the
Oats as hot as you may well suffer
them, covering the bowle wherein
you put your hands, with a double
cloth to keep in the steame of the
Oats. Do this three or foure times,
and you shall find the effect. The
same Oats will serve to be sodden
with fresh water three or foure
times.

16. *To help a face that is red
or pimpled.*

Dissolve common Salt in the
juice of Limons, and with a
linnen

Sweet Powders,

linnen cloth put the patients face
that is full of heat or pimples.
cureth in a few dressings.

17. *Aliter.*

Take of these little whelkes or
shells which some do call ginny
money : wash five or six of them,
and beat them to fine powder, and
infuse the juice of Limons upon
them, and it will presently boile:
but if it offer to boile out of your
glasse, then stop the mouth there-
of with your finger, or blow it into it.
This will in a short time bee like an
ointment, with which you must an-
oint the heat of pimples of the face
oftentimes in a day, till you finde
help. As the ointment dryeth, put
more juice of Limons to it. This
of an outlandish Gentlewoman; and
it is an assured remedy, if the heat
be not very extreme. Some have
found by experience, that bathing
of

Oyntment, Beauties, &c.

the face with hot Vinegar every
night when they go to bed, doth
mightily repell the humour.

18. Aliter.

Quill bay salt well dried and
powdered in double linnen
socks of a prettie bignesse; let the
patient weare them in wide hose and
shoes day and night, by the space
of fourteen dayes, or till he be well:
every morning and evening let him
dry his socks by the fire, and put them
on againe.

This helped M. Foster, an Essex
man, and an Attourney of the com-
mon Pleas, within these few yeeres,
but now deceased; whose face was,
for many yeeres together, of an ex-
ceeding high and furious colour, of
my own knowledge, and hath spent
much money in physick without any
successe at all, untill hee obtained

H

this

Sweet Powders.

this remedy. The Patient must not take any wet of his feet during the cure.

19. Aliter Enoptimè.

TAKE halfe a pound of white distilled Vinegar, two new-laid Egges with their shels, two spoonfuls of the flowers of Brimstone: let these macerate in the Vinegar by the space of three dayes: then take out the Egges, and prick them full of holes with a Needle, but not too deep, lest any of the yolke should happen also to issue: let that liquor also mixe with the Vinegar, then straine all thorow a fine cloth, and tye up the Brimstone in a cloth, like a little ball; dip this ball in the strained liquor when you use it, and pat it on the place three or foure times every day: and this will cure any red face in twelve or fourteene dayes.

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dayes. Some do also commend the same for an approved remedy against the Morpew. The Brimstone ball must be kept in some close thing from the ayre.

20. *How to take away any pimple from the face.*

Brimstone ground with the Oyle of Turpentine, and applyed unto any pimple one houre, maketh the flesh to rise spongiouse: which being annointed with the thick Oyle of Butter that ariseth in the morning from new Milke sodden a little over night, will heale and scale away in a few dayes, leaving a faire skin behinde. This is a good skinning salve.

Sweet Powders,

21. *To help any Morpew, Sun-bur-
ning, itch, or red face.*

STeepe two sliced Limons, being
large and faire, in a pint of con-
duit water: leave them foure or five
dayes in infusion, covering the wa-
ter; then straine the water, and dis-
solve therein the quantity of a hasell
Nut of sublimate (some hold a dram
a good proportion to a pint of wa-
ter) finely powdered: let the patient
wet a cloth therein, and rub the
place where the grieft is, every mor-
ning and evening a little, till the
hiew doth please her; you may make
the same stronger or weaker, accor-
ding to good discretion.

22. *For the Morpew.*

TAke a pint of distilled Vinegar;
lay therein two new-laid Egges
whole

Oyntments, Beauties, &c.

whole with their shels, three yellow Dock-roots, picked and sliced, two spoonfulls of the flowers of Brimstone: and so let all rest three daies, and then use this liquor, with a cloth rubbing the place three or foure times every day; and in three or foure dayes it commonly helpeth: put some bran in your cloth before you moisten your cloth therin, binding it up in forme of a little ball.

This of Master Rich of Lee, who helped himselfe and a gallant Lady therewith in a few dayes.

*23. To take away the freckles
in the face.*

WASH your face in the wane of the Moone with a sponge, morning and evening, with the distilled water of Elder-leaves, letting the same dry into the skin. Your water must be distilled in May. This

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from a Traveller, who hath cured
himselfe thereby.

24. To cure any extreme bruise
upon a sore fall on the face,
or any other member
of the body.

PResently after the fall, make a
great fire, and apply hot clothes
one after another, without inter-
mission, the Patient standing neere
the fire for one houre and a halfe, or
till the swelling bee cleane abated.
This I knew proved with good
successe, in a maid that fell downe a
paire of staires, whereby all her face
was extremely disfigured. Some
hold opinion, that the same may be
performed with clothes wet in hot
water, and then wring out againe
before application. Then, to take
away the changeable colours which
doe accustomedly follow all bruises,
shred the root of a green or growing
flower-

Oyntments, Beueries, &c.

flower deluce, beat it with red Rose-water, and grind it till it come to a salve: apply the same, and in few houres it takes away all the colours; but if it lye too long, it will raise pimples: and therefore so soone as the colours be vanished, immediately remove the salve.

How to keep the teeth cleane.

Calcine the tops and branches of Rosemary into asher, and to one part thereof put one part of burnt Allome: mix them well together, and with thy finger, first moistened a little with thy spittle, rub all thy teeth over a pretty while every morning till they be cleane; but not to galling of thy gummies: then sup up some faire water or white wine, gargling the same up and downe thy mouth a

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while

Sweet Powders, 180

while, and then dry thy mouth with a towell. This of an honest Gentleman, and a painfull gatherer of physicaill receits.

26. *Sweet and delicate dentifrices, or rubbers for the teeth.*

Dissolve in foure ounces of warme water, three or foure drams of Gum Dragagant, and in one night this will become a thick substance like gelly; mingle the same with the powder of Alabaster finely ground and searced: then make up this substance into little round rolls, of the bignesse of a childes arrow, and foure or five inches in length. Also if you temper Roset, or some other colour (that is not hurtfull) with them, they will shew full of pleasing veines. These you may sweeten either with Rose-water, Civet, or Muske. But if your teeth be

Oyntments, Beauties, &c.

be very scaly, let some expert Barber first take off the scales with his instrument, and then you may keep them cleane by rubbing them with the aforesaid roules.

And here, by those miserable experiences that I have seene in some of my neereſt friends, I am enforced to admonish all Gentlewomen to be carefull how they suffer their teeth to be cleansed and made white with any *Aqua fortis*, which is the Barbers usuall water: for unlesse the same be both well allayed, and carefully applyed, she may happen within a few dressings to bee forced to borrow a rank of teeth to eat her dinner; unlesse her gums do help her the better.

27. *A delicate Stove to sweat in.*

I Know that many Gentlewomen, as well for the clearing of their

H 5

skins

Sweet Powders

skins, as cleansing of their bodies, do now and then delight to sweat. For the which purpose, I have set down this manner following, as the best that ever I observed: Put into a brasse pot of some good content, such proportion of sweet herbs, and of such kind as shall bee most appropriate for your infirmity, with some reasonable quantity of water, close the same with an apt cover, and well luted with some paste made of flower and whites of Egges: at some part of the cover you must let in a leaden pipe (the entrance whereof must also be well luted:) this pipe must bee conveyed thorow the side of the chimney, where the pot standeth in a thick hollow stake of a bathing tub crossed with hoopes, according to the usuall manner, in the top, which you may cover with a sheet at your pleasure. Now, the steame of the pot passing thorow the pipe under the halfe bottome of the bathing tub, which must be bored full

Oyntments, Beauties, &c.

full of bigge holes, will breathe so sweet and warm a vapour upon your body, as that (receiving aire, by holding your head without the tub as you sit therein) you shall sweat most temperately, and continue the same a long time without fainting. And this is performed with a small charcole fire maintained under the pot for this purpose. Note, that the roome would bee close wherein you place your bathing tub, lest any sudden cold should happen to offend you whilst your body is made open and porous to the ayre.

28. *Divers sorts of sweet hand-waters : made suddenly or ex tempore, with extracted oyles of spices.*

First, you shall understand, that wheresoever you shall draw any
of

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of the aforesaid Oyles of Cinnamon, Cloves, Mace, Nutmegs, or such like, that you shall have also a pottle or gallon, more or lesse, according to the quantity which you draw at once, of excellent sweet washing water for your table: yea, some do keep the same for their broths, wherein otherwise they should use some of the same kinde of spice.

But if you take three or foure drops onely of the Oyle of Cloves, Mace, or Nutmegs; (for Cinamon Oyle is too costly to spend this way) and mingle the same with a pint of faire water, making agitation of them a prettie while together in a glasse, having a narrow mouth, till they have in some measure incorporated themselves together, you shall finde a very pleasing and delightfull water to wash with, and so you may alwayes furnish your self of sweet water of severall kinds, before such time as your guests shall be

Oyntments, Beanties, &c.

be ready to sit down. I speak not here of the Oyle of Spike (which will extend very far this way) both because every Gentlewoman doth not like so strong a sent, and for that the same is elsewhere already commended by another Author. Yet I must needs acknowledge it to be the cheaper way, for that I assure my selfe there may be five or six gallons of sweet water made with one ounce of the Oyle, which you may buy ordinarily for a great at the most.

*29. An excellent sweet water for
a casting bottle.*

TAke three drams of Oyle of Spike, one dram of Oyle of Thyme, one dram of Oyle of Limons, one dram of Oyle of Cloves, then take one graine of Civet, and three grains of the aforesaid composition well wrought together: temper them well in a silver spoone with your finger; then put the same into a silver

Sweet Powders,

silver bowle, washing it out by little and little into the bowle with a little Rose-water at once, till all the Oyle be washed out of the spoone into the bowle: and then do the like by washing the same out of the bowle with a little Rose-water at once, till all the seat be gotten out, putting the Rose-water still in a glasse, when you have tempered the same in a bowle sufficiently. A pint of Rose-water will bee sufficient to mingle with the said proportion: and if you finde the same not strong enough of the Civet, then you may to every pint put one graine and a halfe, or two graines of Civet to the weight of three graines of the foresaid composition of Oyles.

30. *To colour a black haire presently into Chesnut colour.*

THis is done with Oyle of Vitrioll, but you must do it very carefully, not touching the skin.

Oyntments, Beauries, &c.

31. *A present and delicate perfume.*

LAy two or three drops of liquid
Amber upon a glowing coale, or
a peece of Lignum Aloes, Lignum
Rhodium, or Storax.

32. *To renew the sent of a Pomander.*

TAKE one graine of Civer, and
two of Muske, or if you double
the proportion, it will bee so much
the sweeter: grinde them upon a
stone with a little Rose-water; and
after, wetting your hands with Rose-
water, you may work the same in
your Pomander. This is a sleight to
passe away an old Pomander: but
my intention is honest.

Sweet Powders.

33. *How to gather and clarifie May-dew.*

WHEN there hath fallen no raine the night before, then with a cleane and large sponge, the next morning you may gather the same from sweet herbs, grasse, or corne: straine your dew, and expose it to the Sun in glasses covered with papers or parchment prick'd full of holes; straine it often, continuing it in the Sun, and in an hot place till the same grow white and cleere, which will require the best part of the Summer.

Some commend May-dew gathered from Pennell and Celandine, to be most excellent for sore eyes: and some commend the same (prepared as before) above Rose-water for preserving of fruits, flowers, &c.

34. *Divers*

Oyntments, Beauties, &c.

34. Divers excellent sents for Gloves,
with their proportions and other
circumstances, with the
manner of per-
fuming.

THe Violet, the Orenge, the
Limon, duely proportioned
with other sents, performe this well,
so likewise of Labdanum, Storax,
Benjamin.

The manner is this: First, lay
your Amber upon a few coales, till it
begin to crack like lime: then let it
coole of it self, taking away the coals:
then grind the same with some yel-
low Ocre, till you perceive a right
colour for a glove: with this mixture
wash over your glove with a little
haire brush upon a smooth stone
in every seame, and all over: then
hang your gloves to dry upon a
line: then with Gum Dragagani
dissolved in some Rose-water, and
ground with a little oile de Ben, or of
sweet

Secret Powders, mO

Sweet Almonds upon a stone: strike
over your Gloves in every place
with the Gum and Oyle so ground
together: doe this with a little
sponge, but bee sure the Gloves be
first thorowly dry, and the colour
well rubbed and beaten out of the
Glove then let them hang again till
they bee dry, which will bee in short
time. Then if you will have your
Glove to lie smoth and faire in the w,
go over it againe with your sponge,
and the mixture of Gum and Oyle,
and dry the Glove yet once againe.
Then grinde upon your stone two
or three grains of good Muske, with
half a spoonfull of Rose-water, and
with a very little peece of a sponge
take up the composition by a little
and a little; and so lay it upon your
Glove, lying upon the stone. Pick
and strain your Gum Dragagant be-
fore you use it: Perfume but the one
side of your Glove at once, and then
hang it up to dry, and then finish the
other side. Ten graines of Musk will
give

Oyntments, Beanties, &c.

give a sufficient perfume to eight
paire of Gloves. Note also, that this
perfume is done upon a thin Lambs
leather Glove; and if you work upon
a Kids skin or Goats skin, which is
usual leather for rich perfumes, then
you must adde more quantity of the
Oyle of Ben to your Gum, and go
over the Glove twice therewith.

35. *Sweet bags to be made of*

Linnen. Take a piece of linnen
cloth, and cut it into the shape of a
bag, and sew it up at the ends.

Fill your bags onely with Lignum
Rhodium, finely beaten, and it
will give an excellent sent to your
linnen.

36. *To make haire of a faire yellow*
or golden colour

THe last water that is drawne
from Honey, being of a deep
red colour, performeth the same
excel-

Sweet Powders,

excellently; but the same hath a strong smell, and therefore must be sweetned with some aromaticall body.

Or else the haire being first clean washed, and then moistened a pretty while by a good fire in warme Allome water with a sponge, you may moisten the same in a decoction of Turmerick, Rubarb, or the Barke of the Barbary tree; and so it will receive a most faire and beautifull colour.

The Dogberry is also an excellent berry to make a golden liquor withall for this purpose; beat your Allome to powder, and when the water is ready to seethe, dissolve it therein: foure ounces to a pottle of water, will be sufficient: let it boile a while, straine it, and this is your Allome-liquor wherewith you must first prepare the haire.

Oyntments, Beauties, &c.

37. *How to colour the head or beard
into a Chesnut colour in halfe
an houre.*

TAke one part of Lead calcined
with Sulpher, and one part of
quick Lime; temper them somewhat
thin with water: lay it upon the
haire, chafing it well in, and let it
drie one quarter of an houre, or
thereabout; then wash the same off
with faire water divers times: and
lastly, with soape and water, and it
will be a very naturall haire-colour.
The longer it lyeth upon the haire,
the browner it groweth. This co-
loureth not the flesh at all,
and yet it lasteth ve-
ry long in the
haire. *Sapius
expertum.*

F I N I S.